

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Protein (g)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: 100 g
Report Run at: September 16, 2016 02:39 EDT

NDB_No	Description	Protein(g) Value Per
16122	Soy protein isolate	88,32
16422	Soy protein isolate, potassium type	88,32
19177	Gelatins, dry powder, unsweetened	85,60
01258	Egg, white, dried, stabilized, glucose reduced	84,08
01136	Egg, white, dried, powder, stabilized, glucose reduced	82,40
01173	Egg, white, dried	81,10
14066	Beverages, Protein powder whey based	78,13
01135	Egg, white, dried, flakes, stabilized, glucose reduced	76,92
35009	Whale, beluga, meat, dried (Alaska Native)	69,86
14033	Beverages, ABBOTT, EAS whey protein powder	66,67
16121	Soy protein concentrate, produced by alcohol extraction	63,63
16420	Soy protein concentrate, produced by acid wash	63,63
15018	Fish, cod, Atlantic, dried and salted	62,82
19041	Snacks, pork skins, plain	61,30
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	60,62
14058	Beverages, Whey protein powder isolate	58,14
19408	Snacks, pork skins, barbecue-flavor	57,90
11667	Seaweed, spirulina, dried	57,47
14067	Beverages, Protein powder soy based	55,56
01144	Egg substitute, powder	55,50
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	55,30
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	55,30
14654	Beverages, nutritional shake mix, high protein, powder	53,57
16128	Tofu, dried-frozen (koyadofu)	52,47
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	52,43
16099	Peanut flour, defatted	52,20
16117	Soy flour, defatted	51,46
12033	Seeds, sesame flour, low-fat	50,14
01224	Protein supplement, milk based, Muscle Milk Light, powder	50,00

NDB_No	Description	Protein(g) Value Per
12008	Seeds, cottonseed flour, low fat (glandless)	49,83
16118	Soy flour, low-fat	49,81
16119	Soy meal, defatted, raw	49,20
12011	Seeds, cottonseed meal, partially defatted (glandless)	49,10
01134	Egg, whole, dried, stabilized, glucose reduced	48,17
12041	Seeds, sunflower seed flour, partially defatted	48,06
01133	Egg, whole, dried	48,05
15178	Mollusks, whelk, unspecified, cooked, moist heat	47,68
14035	Beverages, ABBOTT, EAS soy protein powder	47,62
01223	Protein supplement, milk based, Muscle Milk, powder	45,71
16111	Soybeans, mature seeds, dry roasted	43,32
16106	Meat extender	41,71
43340	Cheese, parmesan, low sodium	41,60
12007	Seeds, cottonseed flour, partially defatted (glandless)	40,96
18375	Leavening agents, yeast, baker's, active dry	40,44
12032	Seeds, sesame flour, partially defatted	40,32
01185	Parmesan cheese topping, fat free	40,00
10861	Pork, cured, bacon, cooked, microwaved	39,01
16110	Soybeans, mature seeds, roasted, salted	38,55
16410	Soybeans, mature seeds, roasted, no salt added	38,55
16116	Soy flour, full-fat, roasted	38,09
01146	Cheese, parmesan, shredded	37,86
16115	Soy flour, full-fat, raw	37,81
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	37,04
17100	Veal, leg (top round), separable lean only, cooked, braised	36,71
16108	Soybeans, mature seeds, raw	36,49
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	36,28
16076	Lupins, mature seeds, raw	36,17
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	36,16
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	36,16
17095	Veal, leg (top round), separable lean and fat, cooked, braised	36,16
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	36,12
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	36,12
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	35,80
01033	Cheese, parmesan, hard	35,75
10860	Pork, cured, bacon, cooked, baked	35,73

NDB_No	Description	Protein(g) Value Per
17126	Veal, shoulder, arm, separable lean only, cooked, braised	35,73
12022	Seeds, safflower seed meal, partially defatted	35,62
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	35,62
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	35,62
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	35,62
01210	Egg Mix, USDA Commodity	35,60
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	35,54
01093	Milk, dry, nonfat, calcium reduced	35,50
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	35,20
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	35,10
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	35,10
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	34,94
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	34,93
17151	Game meat, beaver, cooked, roasted	34,85
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	34,72
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	34,66
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	34,60
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	34,60
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	34,51
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	34,46
17114	Veal, rib, separable lean only, cooked, braised	34,44
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	34,39
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	34,34
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	34,34
01094	Milk, buttermilk, dried	34,30
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	34,22
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	34,17
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	34,09
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	34,06
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	34,00
17138	Veal, sirloin, separable lean only, cooked, braised	33,96
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	33,93
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	33,92
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	33,90
16100	Peanut flour, low fat	33,80
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	33,78

NDB_No	Description	Protein(g) Value Per
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	33,69
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	33,68
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	33,68
05627	Emu, full rump, cooked, broiled	33,67
01137	Egg, yolk, dried	33,63
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	33,63
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	33,59
17108	Veal, loin, separable lean only, cooked, braised	33,57
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	33,56
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	33,55
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	33,53
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	33,44
35141	Mutton, cooked, roasted (Navajo)	33,43
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	33,37
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	33,36
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	33,31
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	33,31
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	33,26
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	33,22
19002	Snacks, beef jerky, chopped and formed	33,20
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	33,18
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	33,17
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	33,17
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	33,15
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	33,13
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	33,08
05130	Chicken, stewing, light meat, meat only, cooked, stewed	33,04
17181	Game meat, rabbit, wild, cooked, stewed	33,02
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	32,99
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	32,96
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	32,90
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	32,85
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	32,82
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	32,81
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	32,76
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	32,73

NDB_No	Description	Protein(g) Value Per
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	32,67
17132	Veal, shoulder, blade, separable lean only, cooked, braised	32,66
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	32,62
12160	Seeds, cottonseed kernels, roasted (glandless)	32,59
05021	Chicken, broilers or fryers, giblets, cooked, fried	32,54
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	32,50
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	32,49
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	32,48
17111	Veal, rib, separable lean and fat, cooked, braised	32,43
17147	Game meat, bear, cooked, simmered	32,42
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	32,41
43283	Pheasant, cooked, total edible	32,40
05629	Emu, inside drums, cooked, broiled	32,38
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	32,35
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	32,29
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	32,22
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	32,21
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	32,21
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	32,16
01265	Cheese, cheddar, nonfat or fat free	32,14
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	32,10
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	32,08
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	32,08
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	32,07
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	32,06
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	32,06
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	32,04
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	32,01
43212	Bacon bits, meatless	32,00
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	31,94
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	31,90
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	31,89
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	31,86
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	31,86
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	31,84
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	31,82

NDB_No	Description	Protein(g) Value Per
01038	Cheese, romano	31,80
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	31,75
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	31,71
42304	Cheese, mozzarella, nonfat	31,70
05663	Ground turkey, fat free, pan-broiled crumbles	31,69
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	31,69
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	31,61
12012	Seeds, hemp seed, hulled	31,56
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	31,54
36608	CRACKER BARREL, grilled sirloin steak	31,52
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	31,48
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	31,47
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	31,43
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	31,41
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	31,40
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	31,35
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	31,32
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	31,30
11625	Parsley, freeze-dried	31,30
13345	Beef, cured, breakfast strips, cooked	31,30
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	31,29
05624	Emu, fan fillet, cooked, broiled	31,27
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	31,27
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	31,26
17135	Veal, sirloin, separable lean and fat, cooked, braised	31,26
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	31,23
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	31,20
15106	Fish, sturgeon, mixed species, smoked	31,20
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	31,18
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	31,11
13350	Beef, cured, dried	31,10
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	31,10
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	31,09
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	31,06
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	31,06
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	31,03

NDB_No	Description	Protein(g) Value Per
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	31,02
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	31,02
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	31,01
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	31,00
17340	Game meat, elk, loin, separable lean only, cooked, broiled	31,00
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	30,99
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	30,97
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	30,97
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	30,95
17341	Game meat, elk, round, separable lean only, cooked, broiled	30,94
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	30,93
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	30,93
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	30,91
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	30,91
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	30,90
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	30,87
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	30,87
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	30,80
12170	Seeds, sesame flour, high-fat	30,78
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	30,78
17184	Game meat, squirrel, cooked, roasted	30,77
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	30,76
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	30,76
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	30,75
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	30,73
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	30,70
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	30,70
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	30,68
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	30,67
17153	Game meat, beefalo, composite of cuts, cooked, roasted	30,66
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	30,64
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	30,63
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	30,58
05012	Chicken, broilers or fryers, meat only, cooked, fried	30,57
17200	Lamb, variety meats and by-products, liver, cooked, braised	30,57
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	30,55

NDB_No	Description	Protein(g) Value Per
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	30,55
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	30,54
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	30,54
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	30,54
01156	Cheese, goat, hard type	30,52
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	30,50
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	30,46
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	30,46
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	30,45
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	30,45
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	30,45
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	30,45
05126	Chicken, stewing, meat only, cooked, stewed	30,42
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	30,42
05024	Chicken, gizzard, all classes, cooked, simmered	30,39
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	30,39
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	30,39
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	30,38
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	30,35
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	30,32
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	30,29
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	30,24
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	30,24
12014	Seeds, pumpkin and squash seed kernels, dried	30,23
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30,21
17165	Game meat, deer, cooked, roasted	30,21
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	30,20
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	30,20
17176	Game meat, opossum, cooked, roasted	30,20
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	30,20
17105	Veal, loin, separable lean and fat, cooked, braised	30,19
17167	Game meat, elk, cooked, roasted	30,19
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	30,18
05713	Turkey, retail parts, wing, meat only, cooked, roasted	30,17
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	30,17
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	30,15

NDB_No	Description	Protein(g) Value Per
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	30,15
05186	Turkey, all classes, light meat, cooked, roasted	30,13
05220	Turkey, breast, from whole bird, meat only, roasted	30,13
05228	Turkey, wing, from whole bird, meat only, roasted	30,13
05739	Turkey, drumstick, from whole bird, meat only, roasted	30,13
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	30,13
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	30,12
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30,12
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	30,10
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	30,09
17175	Game meat, muskrat, cooked, roasted	30,09
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	30,09
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	30,09
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	30,08
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	30,06
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	30,05
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	30,02
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	30,01
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	30,00
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	29,99
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	29,99
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	29,99
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	29,99
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	29,97
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	29,96
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	29,94
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	29,94
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	29,93
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	29,92
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	29,91
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	29,90
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	29,90
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	29,90
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	29,88
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	29,87
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	29,87

NDB_No	Description	Protein(g) Value Per
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	29,86
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	29,85
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	29,85
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	29,85
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	29,84
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	29,84
15230	Mollusks, octopus, common, cooked, moist heat	29,82
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	29,82
01023	Cheese, gruyere	29,81
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	29,81
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	29,81
36013	Restaurant, family style, sirloin steak	29,80
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	29,80
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	29,79
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	29,79
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	29,79
17163	Game meat, caribou, cooked, roasted	29,77
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	29,75
17427	Veal, loin, chop, separable lean only, cooked, grilled	29,75
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	29,73
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	29,70
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	29,70
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	29,68
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	29,67
15225	Fish, yellowtail, mixed species, cooked, dry heat	29,67
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	29,66
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	29,66
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	29,65
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	29,65
16135	Winged beans, mature seeds, raw	29,65
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	29,62
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	29,59
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	29,59
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	29,59
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	29,58
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	29,56

NDB_No	Description	Protein(g) Value Per
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	29,56
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	29,55
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	29,53
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	29,52
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	29,52
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	29,52
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	29,51
05711	Turkey, retail parts, breast, meat only, cooked, roasted	29,51
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	29,51
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	29,50
07973	Turkey bacon, microwaved	29,50
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	29,49
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	29,47
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	29,47
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	29,46
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	29,46
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	29,46
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	29,45
17145	Game meat, antelope, cooked, roasted	29,45
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	29,45
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	29,44
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	29,43
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	29,42
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	29,41
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	29,41
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	29,39
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	29,37
05647	Ostrich, inside strip, cooked	29,37
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	29,36
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	29,36
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	29,35
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	29,35
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	29,34
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	29,34
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	29,33
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	29,33

NDB_No	Description	Protein(g) Value Per
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	29,31
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	29,30
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	29,30
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	29,29
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	29,28
17173	Game meat, moose, cooked, roasted	29,27
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	29,26
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	29,25
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	29,24
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	29,23
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	29,22
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	29,21
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	29,20
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	29,20
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	29,20
17182	Game meat, raccoon, cooked, roasted	29,20
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	29,18
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	29,18
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	29,17
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	29,16
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	29,16
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	29,15
15119	Fish, tuna, light, canned in oil, drained solids	29,13
15183	Fish, tuna, light, canned in oil, without salt, drained solids	29,13
17194	Veal, variety meats and by-products, heart, cooked, braised	29,12
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	29,12
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	29,12
05318	Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised	29,10
07921	Bacon and beef sticks	29,10
08084	Cereals ready-to-eat, wheat germ, toasted, plain	29,10
17213	Veal, variety meats and by-products, pancreas, cooked, braised	29,10
13326	Beef, variety meats and by-products, liver, cooked, braised	29,08
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	29,08
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	29,07
05632	Emu, top loin, cooked, broiled	29,07
05168	Turkey, whole, meat only, cooked, roasted	29,06

NDB_No	Description	Protein(g) Value Per
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	29,06
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	29,06
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	29,06
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	29,04
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	29,03
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	29,02
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	29,02
05645	Ostrich, inside leg, cooked	29,01
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	29,01
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	29,01
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	28,99
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	28,99
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	28,99
05664	Ground turkey, fat free, patties, broiled	28,99
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	28,98
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	28,98
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28,98
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	28,97
05149	Goose, domesticated, meat only, cooked, roasted	28,97
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	28,97
05136	Chicken, capons, meat and skin, cooked, roasted	28,96
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	28,96
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	28,95
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	28,95
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	28,94
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	28,94
05013	Chicken, broilers or fryers, meat only, roasted	28,93
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28,92
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	28,92
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	28,90
36615	DENNY'S, top sirloin steak	28,90
15002	Fish, anchovy, european, canned in oil, drained solids	28,89
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	28,88
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	28,88
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	28,88
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	28,86

NDB_No	Description	Protein(g) Value Per
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	28,84
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	28,84
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	28,82
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	28,82
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	28,82
05652	Ostrich, oyster, cooked	28,81
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	28,81
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	28,81
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	28,81
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	28,79
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	28,79
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	28,77
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	28,77
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	28,77
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	28,75
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	28,74
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	28,74
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	28,73
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28,72
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	28,71
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	28,71
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	28,69
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	28,68
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	28,67
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	28,66
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	28,66
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	28,65
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	28,65
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	28,62
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	28,62
15207	Fish, roe, mixed species, cooked, dry heat	28,62
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28,61
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	28,61
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	28,60
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	28,60
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	28,60

NDB_No	Description	Protein(g) Value Per
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	28,58
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	28,57
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	28,57
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	28,57
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	28,57
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	28,56
05166	Turkey, whole, meat and skin, cooked, roasted	28,55
05650	Ostrich, outside strip, cooked	28,55
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	28,54
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	28,53
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	28,53
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	28,51
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	28,50
05656	Ostrich, tip trimmed, cooked	28,49
13322	Beef, variety meats and by-products, heart, cooked, simmered	28,48
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	28,48
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	28,48
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28,48
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	28,47
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	28,47
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28,45
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	28,45
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28,45
17157	Game meat, bison, separable lean only, cooked, roasted	28,44
05622	Emu, ground, cooked, pan-broiled	28,43
01032	Cheese, parmesan, grated	28,42
17203	Veal, variety meats and by-products, liver, cooked, braised	28,42
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	28,41
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	28,41
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	28,41
43405	Cheese, swiss, low sodium	28,40
43589	Cheese, swiss, low fat	28,40
01266	Cheese, Swiss, nonfat or fat free	28,40
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	28,40
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	28,38
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	28,37

NDB_No	Description	Protein(g) Value Per
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	28,37
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	28,37
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	28,36
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28,36
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	28,35
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	28,35
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	28,35
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	28,35
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	28,34
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	28,33
12174	Seeds, watermelon seed kernels, dried	28,33
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28,33
10998	Canadian bacon, cooked, pan-fried	28,31
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	28,31
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	28,30
17159	Game meat, boar, wild, cooked, roasted	28,30
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	28,30
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	28,29
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28,29
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	28,29
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	28,28
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	28,26
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	28,26
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28,24
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	28,24
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	28,23
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	28,23
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	28,22
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	28,21
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	28,21
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	28,21
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	28,21
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28,21
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	28,20
42155	Cheese, monterey, low fat	28,20
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	28,19

NDB_No	Description	Protein(g) Value Per
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	28,19
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	28,19
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	28,19
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	28,18
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	28,17
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	28,17
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	28,16
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	28,16
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	28,15
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	28,15
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	28,14
17171	Game meat, horse, cooked, roasted	28,14
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	28,13
05658	Ostrich, top loin, cooked	28,12
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	28,11
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	28,10
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	28,09
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	28,08
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	28,08
17103	Veal, leg (top round), separable lean only, cooked, roasted	28,07
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	28,05
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	28,05
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	28,04
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	28,04
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	28,04
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	28,04
21337	McDONALD'S, Peanuts (for Sundaes)	28,04
16089	Peanuts, all types, oil-roasted, with salt	28,03
16389	Peanuts, all types, oil-roasted, without salt	28,03
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	28,02
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	28,02
16092	Peanuts, spanish, oil-roasted, with salt	28,01
16392	Peanuts, spanish, oil-roasted, without salt	28,01
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	28,01
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	28,01
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	28,00

NDB_No	Description	Protein(g) Value Per
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28,00
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	28,00
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	27,97
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	27,97
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	27,96
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	27,96
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	27,96
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	27,95
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	27,95
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	27,95
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	27,94
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	27,94
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	27,94
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	27,94
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	27,93
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	27,90
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	27,89
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	27,88
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	27,88
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	27,87
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	27,87
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	27,87
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	27,87
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	27,86
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	27,83
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	27,83
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	27,82
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	27,80
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	27,79
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	27,79
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	27,78
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	27,78
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	27,76
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	27,75
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	27,75
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	27,75

NDB_No	Description	Protein(g) Value Per
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	27,74
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	27,74
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	27,73
05188	Turkey, from whole, dark meat, cooked, roasted	27,71
05216	Turkey, back, from whole bird, meat only, roasted	27,71
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	27,71
05741	Turkey, thigh, from whole bird, meat only, roasted	27,71
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	27,71
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	27,70
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	27,70
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	27,69
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	27,69
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	27,68
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	27,68
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	27,68
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	27,68
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	27,66
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	27,65
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	27,63
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	27,63
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	27,63
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	27,63
05316	Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled	27,60
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	27,60
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	27,59
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	27,58
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	27,58
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	27,58
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	27,58
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	27,58
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	27,57
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	27,56
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	27,55
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	27,55
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	27,54
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	27,54

NDB_No	Description	Protein(g) Value Per
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	27,53
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	27,53
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	27,53
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	27,53
05336	USDA Commodity Chicken, canned, meat only, drained	27,52
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	27,52
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	27,51
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	27,51
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	27,51
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	27,51
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	27,51
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	27,50
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	27,50
43597	Cheese, mozzarella, low sodium	27,50
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	27,48
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	27,48
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	27,48
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	27,47
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	27,45
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	27,43
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	27,42
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	27,40
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	27,40
43366	Turkey, wing, smoked, cooked, with skin, bone removed	27,40
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	27,39
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	27,39
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	27,38
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	27,38
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	27,37
05306	Ground turkey, cooked	27,37
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	27,37
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	27,37
15082	Fish, salmon, coho, wild, cooked, moist heat	27,36
01260	Cheese, cheddar, reduced fat	27,35
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	27,33
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	27,33

NDB_No	Description	Protein(g) Value Per
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	27,32
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	27,31
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	27,31
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	27,31
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	27,30
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	27,30
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	27,30
05014	Chicken, broilers or fryers, meat only, stewed	27,29
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	27,29
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	27,28
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	27,27
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	27,27
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	27,27
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	27,27
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	27,27
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	27,26
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	27,25
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	27,23
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	27,23
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	27,23
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	27,23
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	27,22
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	27,22
01182	USDA Commodity, cheese, cheddar, reduced fat	27,20
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	27,18
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	27,18
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	27,18
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	27,18
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	27,18
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	27,17
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	27,17
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	27,17
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	27,16
05022	Chicken, broilers or fryers, giblets, cooked, simmered	27,15
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	27,14
05118	Chicken, roasting, light meat, meat only, cooked, roasted	27,13

NDB_No	Description	Protein(g) Value Per
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	27,12
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	27,12
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	27,12
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	27,12
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	27,10
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	27,10
13332	Beef, variety meats and by-products, pancreas, cooked, braised	27,10
13348	Beef, cured, corned beef, canned	27,10
17169	Game meat, goat, cooked, roasted	27,10
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	27,09
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	27,06
16094	Peanuts, valencia, oil-roasted, with salt	27,04
16394	Peanuts, valencia, oil-roasted, without salt	27,04
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	27,03
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	27,03
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	27,03
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	27,03
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	27,03
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	27,02
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	27,01
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	27,01
05178	Turkey, liver, all classes, cooked, simmered	27,00
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	27,00
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	27,00
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	26,99
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	26,99
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	26,98
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	26,97
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	26,97
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	26,97
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	26,97
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	26,97
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	26,97
01040	Cheese, swiss	26,96
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	26,96
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	26,96

NDB_No	Description	Protein(g) Value Per
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	26,96
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	26,92
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	26,89
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	26,89
05124	Chicken, stewing, meat and skin, cooked, stewed	26,88
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	26,88
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	26,87
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	26,86
36000	APPLEBEE'S, 9 oz house sirloin steak	26,85
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	26,84
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	26,83
17161	Game meat, buffalo, water, cooked, roasted	26,83
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	26,82
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	26,81
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	26,80
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	26,80
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	26,80
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	26,79
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	26,79
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	26,79
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	26,78
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	26,78
05116	Chicken, roasting, giblets, cooked, simmered	26,77
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	26,77
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	26,76
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	26,76
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	26,76
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	26,75
05317	Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted	26,75
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	26,75
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	26,75
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	26,74
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	26,73
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	26,72
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	26,71
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	26,70

NDB_No	Description	Protein(g) Value Per
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	26,69
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	26,68
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	26,68
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	26,66
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	26,66
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	26,66
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	26,65
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	26,64
17339	Game meat, elk, ground, cooked, pan-broiled	26,64
02029	Spices, parsley, dried	26,63
15219	Fish, trout, mixed species, cooked, dry heat	26,63
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	26,62
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	26,62
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	26,61
05705	Turkey, whole, meat only, with added solution, roasted	26,61
05190	Turkey, all classes, back, meat and skin, cooked, roasted	26,59
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	26,59
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	26,58
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	26,57
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	26,57
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	26,55
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	26,54
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	26,53
15124	Fish, tuna, white, canned in oil, drained solids	26,53
15185	Fish, tuna, white, canned in oil, without salt, drained solids	26,53
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	26,53
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	26,52
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	26,52
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	26,52
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	26,51
25025	Snacks, soy chips or crisps, salted	26,50
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	26,50
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	26,49
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	26,49
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	26,49
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	26,48

NDB_No	Description	Protein(g) Value Per
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	26,48
15086	Fish, salmon, sockeye, cooked, dry heat	26,48
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	26,46
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	26,46
17215	Lamb, variety meats and by-products, spleen, cooked, braised	26,46
05174	Turkey, gizzard, all classes, cooked, simmered	26,45
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	26,45
17344	Game meat, deer, ground, cooked, pan-broiled	26,45
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	26,45
05172	Turkey, whole, giblets, cooked, simmered	26,44
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	26,44
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	26,44
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	26,43
05026	Chicken, heart, all classes, cooked, simmered	26,41
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	26,41
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	26,41
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	26,41
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	26,41
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	26,40
05138	Chicken, capons, giblets, cooked, simmered	26,39
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	26,39
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	26,38
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	26,37
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	26,37
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	26,36
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	26,36
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	26,36
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	26,34
15264	Salmon, sockeye, canned, drained solids, without skin and bones	26,33
01090	Milk, dry, whole, with added vitamin D	26,32
01212	Milk, dry, whole, without added vitamin D	26,32
15202	Fish, milkfish, cooked, dry heat	26,32
17109	Veal, loin, separable lean only, cooked, roasted	26,32
17139	Veal, sirloin, separable lean only, cooked, roasted	26,32
17198	Veal, variety meats and by-products, kidneys, cooked, braised	26,32
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	26,31

NDB_No	Description	Protein(g) Value Per
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	26,30
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	26,30
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	26,30
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	26,30
15102	Fish, snapper, mixed species, cooked, dry heat	26,30
15250	Mollusks, conch, baked or broiled	26,30
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	26,29
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	26,29
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	26,29
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	26,28
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	26,28
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	26,26
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	26,26
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	26,24
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	26,22
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	26,22
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	26,21
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	26,20
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	26,18
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	26,18
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	26,18
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	26,18
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	26,17
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	26,16
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	26,16
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	26,16
05642	Ostrich, ground, cooked, pan-broiled	26,15
15262	Fish, tilapia, cooked, dry heat	26,15
16091	Peanuts, spanish, raw	26,15
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	26,14
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	26,14
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	26,13
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	26,13
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	26,13
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	26,13
16052	Broadbeans (fava beans), mature seeds, raw	26,12

NDB_No	Description	Protein(g) Value Per
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	26,11
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	26,11
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	26,11
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	26,11
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	26,10
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	26,10
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	26,10
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	26,10
05707	Turkey, whole, meat and skin, with added solution, roasted	26,09
02024	Spices, mustard seed, ground	26,08
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	26,08
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	26,07
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	26,07
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	26,07
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	26,07
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	26,06
16156	Peanut butter, chunky, vitamin and mineral fortified	26,06
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	26,06
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	26,06
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	26,05
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	26,05
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	26,04
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	26,03
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	26,02
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	26,02
15098	Fish, sheepshead, cooked, dry heat	26,02
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	26,00
15200	Fish, mackerel, king, cooked, dry heat	26,00
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	26,00
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	25,98
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	25,97
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	25,97
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	25,96
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	25,96
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	25,95
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	25,95

NDB_No	Description	Protein(g) Value Per
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	25,95
05363	Ruffed Grouse, breast meat, skinless, raw	25,94
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	25,93
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	25,93
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	25,93
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	25,92
07230	OSCAR MAYER, Salami (hard)	25,90
16150	Peanut butter, smooth, reduced fat	25,90
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	25,90
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	25,90
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	25,88
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	25,87
16096	Peanuts, virginia, oil-roasted, with salt	25,87
16396	Peanuts, virginia, oil-roasted, without salt	25,87
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	25,86
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	25,85
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	25,85
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	25,85
17223	Veal, variety meats and by-products, tongue, cooked, braised	25,85
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	25,84
17424	Veal, ground, cooked, pan-fried	25,83
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	25,82
15211	Fish, salmon, chum, cooked, dry heat	25,82
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	25,81
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	25,81
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	25,80
16087	Peanuts, all types, raw	25,80
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	25,80
22122	MORNINGSTAR FARMS Breakfast Sausage Patties, frozen, unprepared	25,80
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	25,80
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	25,79
05661	Chicken, liver, all classes, cooked, pan-fried	25,78
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	25,77
17115	Veal, rib, separable lean only, cooked, roasted	25,76
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	25,75
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	25,74

NDB_No	Description	Protein(g) Value Per
05128	Chicken, stewing, giblets, cooked, simmered	25,73
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	25,73
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	25,73
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	25,73
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	25,72
15210	Fish, salmon, chinook, cooked, dry heat	25,72
16155	Peanut butter, smooth, vitamin and mineral fortified	25,72
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	25,70
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	25,70
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	25,69
10220	Pork, fresh, ground, cooked	25,69
15189	Fish, bluefish, cooked, dry heat	25,69
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	25,67
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	25,66
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	25,65
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	25,64
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	25,61
01020	Cheese, fontina	25,60
01035	Cheese, provolone	25,58
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	25,58
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	25,58
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	25,56
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	25,56
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	25,56
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	25,56
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	25,55
15159	Mollusks, clam, mixed species, cooked, moist heat	25,55
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	25,55
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	25,54
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	25,53
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	25,53
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	25,51
15184	Fish, tuna, light, canned in water, without salt, drained solids	25,51
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	25,51
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	25,50
43379	Cheese, pasteurized process, swiss, low fat	25,50

NDB_No	Description	Protein(g) Value Per
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	25,49
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	25,48
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	25,48
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	25,48
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	25,46
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	25,46
17148	Bison, ground, grass-fed, cooked	25,45
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	25,44
03211	Babyfood, cereal, high protein, with apple and orange, dry	25,40
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	25,40
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	25,40
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	25,38
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	25,34
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	25,34
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	25,34
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	25,34
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	25,33
16035	Beans, kidney, royal red, mature seeds, raw	25,33
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	25,32
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	25,32
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	25,31
05311	Chicken, canned, no broth	25,30
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	25,29
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	25,29
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	25,28
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	25,26
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	25,26
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	25,26
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	25,25
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	25,25
15035	Fish, haddock, smoked	25,23
16083	Mungo beans, mature seeds, raw	25,21
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	25,21
16095	Peanuts, virginia, raw	25,19
01008	Cheese, caraway	25,18
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	25,18

NDB_No	Description	Protein(g) Value Per
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	25,17
05147	Goose, domesticated, meat and skin, cooked, roasted	25,16
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	25,16
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	25,15
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	25,14
17136	Veal, sirloin, separable lean and fat, cooked, roasted	25,14
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	25,14
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	25,11
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	25,11
13334	Beef, variety meats and by-products, spleen, cooked, braised	25,10
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	25,10
43282	Quail, cooked, total edible	25,10
16093	Peanuts, valencia, raw	25,09
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	25,08
23220	Beef, ground, unspecified fat content, cooked	25,07
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	25,07
10153	Pork, cured, ham, whole, separable lean only, roasted	25,05
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	25,03
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	25,02
05114	Chicken, roasting, meat only, cooked, roasted	25,01
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	25,00
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	25,00
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	25,00
42117	Imitation cheese, american or cheddar, low cholesterol	25,00
01018	Cheese, edam	24,99
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	24,99
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	24,98
17192	Lamb, variety meats and by-products, heart, cooked, braised	24,97
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	24,95
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	24,95
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	24,95
01022	Cheese, gouda	24,94
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	24,94
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	24,94
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	24,93
15205	Fish, pollock, Atlantic, cooked, dry heat	24,92

NDB_No	Description	Protein(g) Value Per
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	24,91
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	24,91
12084	Nuts, butternuts, dried	24,90
08393	Cereals ready-to-eat, KASHI GOLEAN	24,89
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	24,89
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	24,88
05176	Turkey, heart, all classes, cooked, simmered	24,88
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	24,88
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	24,88
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	24,87
15061	Fish, perch, mixed species, cooked, dry heat	24,86
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	24,86
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	24,85
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	24,85
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	24,85
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	24,84
15032	Fish, grouper, mixed species, cooked, dry heat	24,84
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	24,83
15056	Fish, mullet, striped, cooked, dry heat	24,81
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	24,81
16149	Peanut spread, reduced sugar	24,80
17106	Veal, loin, separable lean and fat, cooked, roasted	24,80
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	24,78
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	24,76
15190	Fish, burbot, cooked, dry heat	24,76
17225	Lamb, ground, cooked, broiled	24,75
01044	Cheese, pasteurized process, swiss	24,73
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	24,73
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	24,73
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	24,72
01208	Cheese, provolone, reduced fat	24,70
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	24,70
42303	Cheese, muenster, low fat	24,70
01209	Cheese, Mexican, blend, reduced fat	24,69
15063	Fish, pike, northern, cooked, dry heat	24,69
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	24,68

NDB_No	Description	Protein(g) Value Per
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	24,66
16069	Lentils, raw	24,63
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	24,63
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	24,63
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	24,62
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	24,62
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	24,62
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	24,61
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	24,61
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	24,60
43275	Cheese, pasteurized process, American, low fat	24,60
15012	Fish, caviar, black and red, granular	24,60
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	24,58
15042	Fish, herring, Atlantic, kippered	24,58
15212	Fish, salmon, pink, cooked, dry heat	24,58
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	24,56
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	24,56
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	24,55
15204	Fish, pike, walleye, cooked, dry heat	24,54
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	24,53
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	24,52
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	24,52
01227	Cheese, dry white, queso seco	24,51
05315	Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted	24,50
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	24,49
15113	Fish, tilefish, cooked, dry heat	24,49
01025	Cheese, monterey	24,48
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	24,47
15223	Fish, whitefish, mixed species, cooked, dry heat	24,47
16399	Peanut butter with omega-3, creamy	24,47
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	24,47
05028	Chicken, liver, all classes, cooked, simmered	24,46
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	24,46
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	24,44
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	24,43
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	24,42

NDB_No	Description	Protein(g) Value Per
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	24,42
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	24,42
01041	Cheese, tilsit	24,41
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	24,41
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	24,40
15127	Fish, tuna, fresh, yellowfin, raw	24,40
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	24,39
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	24,39
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	24,38
17143	Veal, ground, cooked, broiled	24,38
05155	Pheasant, breast, meat only, raw	24,37
16030	Beans, kidney, california red, mature seeds, raw	24,37
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	24,36
01168	Cheese, low fat, cheddar or colby	24,35
01169	Cheese, low-sodium, cheddar or colby	24,35
15193	Fish, cusk, cooked, dry heat	24,35
15198	Fish, ling, cooked, dry heat	24,35
16090	Peanuts, all types, dry-roasted, with salt	24,35
16390	Peanuts, all types, dry-roasted, without salt	24,35
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	24,34
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	24,34
16133	Yardlong beans, mature seeds, raw	24,33
05111	Canada Goose, breast meat, skinless, raw	24,31
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	24,31
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	24,30
15239	Fish, salmon, coho, farmed, cooked, dry heat	24,30
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	24,29
25004	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar	24,29
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	24,26
01028	Cheese, mozzarella, part skim milk	24,26
01270	Cheese, cheddar, sharp, sliced	24,25
15160	Mollusks, clam, mixed species, canned, drained solids	24,25
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	24,24
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	24,24
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	24,23
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	24,23

NDB_No	Description	Protein(g) Value Per
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	24,22
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	24,21
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	24,21
15213	Fish, scup, cooked, dry heat	24,21
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	24,21
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	24,18
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	24,18
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	24,18
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	24,17
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	24,15
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	24,14
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	24,13
07019	Chorizo, pork and beef	24,10
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	24,10
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	24,09
17217	Veal, variety meats and by-products, spleen, cooked, braised	24,08
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	24,07
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	24,06
12154	Nuts, walnuts, black, dried	24,06
16097	Peanut butter, chunk style, with salt	24,06
16397	Peanut butter, chunk style, without salt	24,06
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	24,05
17150	Game meat, beaver, raw	24,05
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	24,04
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	24,04
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	24,03
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	24,01
16549	MORNINGSTAR FARMS Grillers Prime, frozen, unprepared	24,00
42291	Peanut butter, reduced sodium	24,00
15271	Crustaceans, shrimp, cooked (not previously frozen)	23,98
05112	Chicken, roasting, meat and skin, cooked, roasted	23,97
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	23,96
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	23,96
17112	Veal, rib, separable lean and fat, cooked, roasted	23,96
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	23,95
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	23,95

NDB_No	Description	Protein(g) Value Per
05170	Turkey, skin from whole (light and dark), roasted	23,94
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	23,93
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	23,92
16144	Lentils, pink or red, raw	23,91
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	23,90
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	23,90
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	23,90
16067	Hyacinth beans, mature seeds, raw	23,90
16548	MORNINGSTAR FARMS Grillers Original, frozen, unprepared	23,90
43287	Dove, cooked (includes squab)	23,90
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	23,89
07958	Turkey sausage, fresh, cooked	23,89
43406	Yeast extract spread	23,88
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	23,87
16080	Mung beans, mature seeds, raw	23,86
15047	Fish, mackerel, Atlantic, cooked, dry heat	23,85
16060	Cowpeas, catjang, mature seeds, raw	23,85
15177	Mollusks, whelk, unspecified, raw	23,84
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	23,84
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	23,83
16085	Peas, green, split, mature seeds, raw	23,82
15165	Mollusks, mussel, blue, cooked, moist heat	23,80
15241	Fish, trout, rainbow, farmed, cooked, dry heat	23,80
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	23,79
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	23,79
01034	Cheese, port de salut	23,78
17331	Game meat, bison, ground, cooked, pan-broiled	23,77
01011	Cheese, colby	23,76
01029	Cheese, mozzarella, low moisture, part-skim	23,75
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	23,75
15216	Fish, spot, cooked, dry heat	23,73
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	23,72
15194	Fish, mahimahi, cooked, dry heat	23,72
15227	Crustaceans, crab, queen, cooked, moist heat	23,72
16529	WORTHINGTON FriPats, frozen, unprepared	23,70
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	23,70

NDB_No	Description	Protein(g) Value Per
16609	MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared	23,70
05646	Ostrich, inside strip, raw	23,69
15069	Fish, pompano, florida, cooked, dry heat	23,69
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	23,69
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	23,69
05284	Turkey, canned, meat only, with broth	23,68
05185	Turkey from whole, light meat, raw	23,66
05219	Turkey, breast, from whole bird, meat only, raw	23,66
05227	Turkey, wing, from whole bird, meat only, raw	23,66
05738	Turkey, drumstick, from whole bird, meat only, raw	23,66
15026	Fish, eel, mixed species, cooked, dry heat	23,65
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	23,65
43128	Chicken, meatless	23,64
01271	Cheese, mozzarella, low moisture, part-skim, shredded	23,63
15092	Fish, sea bass, mixed species, cooked, dry heat	23,63
15126	Fish, tuna, white, canned in water, drained solids	23,62
15186	Fish, tuna, white, canned in water, without salt, drained solids	23,62
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	23,61
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	23,60
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	23,60
15052	Fish, mackerel, spanish, cooked, dry heat	23,59
15087	Fish, salmon, sockeye, canned, drained solids	23,59
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	23,59
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	23,59
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	23,59
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	23,59
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	23,59
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	23,59
16027	Beans, kidney, all types, mature seeds, raw	23,58
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	23,58
05154	Pheasant, raw, meat only	23,57
05662	Ground turkey, fat free, raw	23,57
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	23,56
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	23,55
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	23,55
01251	Cheese, Mexican blend	23,54

NDB_No	Description	Protein(g) Value Per
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	23,53
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	23,53
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	23,52
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	23,51
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	23,51
43078	Beverage, milkshake mix, dry, not chocolate	23,50
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	23,50
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	23,49
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	23,49
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	23,49
05142	Duck, domesticated, meat only, cooked, roasted	23,48
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	23,48
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	23,48
15133	Fish, whiting, mixed species, cooked, dry heat	23,48
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	23,48
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	23,47
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	23,47
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	23,47
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	23,46
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	23,45
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	23,45
15111	Fish, swordfish, cooked, dry heat	23,45
15247	Fish, salmon, coho, wild, cooked, dry heat	23,45
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	23,44
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	23,43
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	23,42
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	23,42
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	23,41
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	23,41
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	23,41
01030	Cheese, muenster	23,41
05151	Guinea hen, meat and skin, raw	23,40
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	23,40
15131	Fish, whitefish, mixed species, smoked	23,40
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	23,37
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	23,37

NDB_No	Description	Protein(g) Value Per
01010	Cheese, cheshire	23,37
05649	Ostrich, outside strip, raw	23,36
16049	Beans, white, mature seeds, raw	23,36
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	23,36
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	23,35
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	23,35
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	23,35
05710	Turkey, retail parts, breast, meat only, raw	23,34
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	23,34
15117	Fish, tuna, fresh, bluefin, raw	23,33
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	23,32
05310	Chicken, cornish game hens, meat only, cooked, roasted	23,30
17152	Game meat, beefalo, composite of cuts, raw	23,30
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	23,30
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	23,30
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	23,30
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	23,30
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	23,29
05333	Chicken, ground, crumbles, cooked, pan-browned	23,28
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	23,28
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	23,28
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	23,27
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	23,27
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	23,26
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	23,26
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	23,26
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	23,26
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	23,25
01005	Cheese, brick	23,24
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	23,24
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	23,23
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	23,23
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	23,21
02008	Spices, chervil, dried	23,20
05039	Chicken, broilers or fryers, light meat, meat only, raw	23,20
15048	Fish, mackerel, jack, canned, drained solids	23,19

NDB_No	Description	Protein(g) Value Per
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	23,19
10102	Pork, fresh, variety meats and by-products, feet, raw	23,16
20078	Wheat germ, crude	23,15
15135	Fish, yellowtail, mixed species, raw	23,14
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	23,13
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	23,11
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	23,11
05129	Chicken, stewing, light meat, meat only, raw	23,10
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	23,10
15260	Fish, salmon, pink, canned, drained solids	23,10
16502	LOMA LINDA Low Fat Big Franks, canned, unprepared	23,10
05630	Emu, outside drum, raw	23,08
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	23,08
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	23,07
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	23,07
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	23,07
13000	Beef, grass-fed, strip steaks, lean only, raw	23,07
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	23,06
13317	Beef, ground, patties, frozen, cooked, broiled	23,05
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	23,05
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	23,04
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	23,03
15040	Fish, herring, Atlantic, cooked, dry heat	23,03
16019	Beans, cranberry (roman), mature seeds, raw	23,03
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	23,01
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	23,01
02019	Spices, fenugreek seed	23,00
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	23,00
43134	Vegetarian fillets	23,00
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	22,99
02003	Spices, basil, dried	22,98
23503	USDA Commodity, beef, patties (100%), frozen, cooked	22,98
17164	Game meat, deer, raw	22,96
17166	Game meat, elk, raw	22,95
16078	Mothbeans, mature seeds, raw	22,94
36606	CRACKER BARREL, farm raised catfish platter	22,94

NDB_No	Description	Protein(g) Value Per
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	22,93
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	22,93
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	22,93
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	22,93
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	22,93
15116	Fish, trout, rainbow, wild, cooked, dry heat	22,92
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	22,92
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	22,91
18992	KELLOGG'S, BEANATURAL, Original 3-Bean Chips	22,90
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	22,90
07020	Corned beef loaf, jellied	22,90
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	22,89
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	22,88
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	22,88
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	22,88
01009	Cheese, cheddar	22,87
05648	Ostrich, outside leg, raw	22,86
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	22,86
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	22,86
15009	Fish, carp, cooked, dry heat	22,86
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	22,84
05626	Emu, full rump, raw	22,83
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	22,83
15016	Fish, cod, Atlantic, cooked, dry heat	22,83
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	22,83
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	22,82
05631	Emu, oyster, raw	22,81
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	22,81
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	22,80
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	22,80
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	22,79
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	22,78
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	22,78
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	22,78
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	22,78
02041	Spices, tarragon, dried	22,77

NDB_No	Description	Protein(g) Value Per
05621	Emu, ground, raw	22,77
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	22,77
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	22,77
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	22,76
15017	Fish, cod, Atlantic, canned, solids and liquid	22,76
05148	Goose, domesticated, meat only, raw	22,75
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	22,73
15188	Fish, bass, striped, cooked, dry heat	22,73
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	22,72
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	22,71
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	22,71
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	22,70
01190	KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product	22,70
05153	Pheasant, raw, meat and skin	22,70
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	22,70
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	22,69
17219	Veal, variety meats and by-products, thymus, cooked, braised	22,67
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	22,66
05167	Turkey, whole, meat only, raw	22,64
15199	Fish, lingcod, cooked, dry heat	22,64
15232	Fish, roughy, orange, cooked, dry heat	22,64
17162	Game meat, caribou, raw	22,63
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	22,62
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	22,62
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	22,61
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	22,61
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	22,60
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	22,60
01166	Cheese, mexican, queso asadero	22,60
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	22,60
15100	Fish, smelt, rainbow, cooked, dry heat	22,60
05159	Quail, breast, meat only, raw	22,59
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	22,59
07071	Salami, dry or hard, pork	22,58
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	22,57
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	22,57

NDB_No	Description	Protein(g) Value Per
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	22,56
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	22,55
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	22,55
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	22,54
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	22,54
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	22,54
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	22,54
16032	Beans, kidney, red, mature seeds, raw	22,53
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	22,53
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	22,53
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	22,52
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	22,51
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	22,51
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	22,50
05623	Emu, fan fillet, raw	22,50
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	22,50
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	22,50
25008	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar	22,50
42205	Cheese, pasteurized process, cheddar or American, fat-free	22,50
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	22,49
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	22,49
15195	Fish, drum, freshwater, cooked, dry heat	22,49
05180	Turkey from whole, neck, meat only, cooked, simmered	22,48
05712	Turkey, retail parts, wing, meat only, raw	22,48
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	22,47
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	22,46
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	22,45
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	22,45
15224	Fish, wolffish, Atlantic, cooked, dry heat	22,44
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	22,43
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	22,42
05338	USDA Commodity, Chicken, canned, meat only, with broth	22,41
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	22,41
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	22,41
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	22,41
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	22,41

NDB_No	Description	Protein(g) Value Per
05644	Ostrich, inside leg, raw	22,39
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	22,39
16157	Chickpea flour (besan)	22,39
17144	Game meat, antelope, raw	22,38
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	22,37
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	22,35
25006	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar	22,35
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	22,33
16037	Beans, navy, mature seeds, raw	22,33
10152	Pork, cured, ham, whole, separable lean only, unheated	22,32
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	22,32
15072	Fish, roe, mixed species, raw	22,32
15226	Crustaceans, crab, dungeness, cooked, moist heat	22,32
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	22,31
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	22,30
43326	Pork, cured, ham, low sodium, lean and fat, cooked	22,30
08562	Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry	22,29
08711	Cereals ready-to-eat, KELLOGG'S, SPECIAL K protein, cinnamon brown sugar crunch	22,29
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	22,28
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	22,28
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	22,27
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	22,27
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	22,27
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	22,26
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	22,26
05625	Emu, flat fillet, raw	22,25
15085	Fish, salmon, sockeye, raw	22,25
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	22,25
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	22,24
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	22,24
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	22,24
17172	Game meat, moose, raw	22,24
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	22,23
05628	Emu, inside drum, raw	22,22
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	22,22
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	22,22

NDB_No	Description	Protein(g) Value Per
16098	Peanut butter, smooth style, with salt	22,21
16398	Peanut butter, smooth style, without salt	22,21
05117	Chicken, roasting, light meat, meat only, raw	22,20
05156	Pheasant, leg, meat only, raw	22,20
16506	LOMA LINDA Vege-Burger, canned, unprepared	22,20
43398	Cheese, pasteurized process, cheddar or American, low sodium	22,20
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	22,19
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	22,19
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	22,18
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	22,18
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	22,18
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	22,18
01026	Cheese, mozzarella, whole milk	22,17
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	22,17
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	22,16
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	22,16
23418	Beef, New Zealand, imported, inside, raw	22,16
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	22,16
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	22,15
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	22,15
15191	Fish, butterfish, cooked, dry heat	22,15
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	22,15
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	22,15
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	22,15
01043	Cheese, pasteurized process, pimento	22,13
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	22,13
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	22,13
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	22,12
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	22,12
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	22,11
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	22,10
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	22,10
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	22,10
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	22,10
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	22,09
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	22,09

NDB_No	Description	Protein(g) Value Per
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	22,07
05654	Ostrich, tenderloin, raw	22,07
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	22,06
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	22,06
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	22,06
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	22,05
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	22,04
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	22,03
05337	USDA Commodity, Chicken, canned, meat only, with water	22,02
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	22,01
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	22,00
15123	Fish, tuna, fresh, skipjack, raw	22,00
16047	Beans, yellow, mature seeds, raw	22,00
05653	Ostrich, round, raw	21,99
05708	Turkey, retail parts, breast, meat only, with added solution, raw	21,99
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	21,99
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	21,99
23477	Beef, ground, 97% lean meat / 3% fat, raw	21,98
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	21,97
05105	Chicken, broilers or fryers, wing, meat only, raw	21,97
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	21,97
05181	Turkey from whole, light meat, meat and skin, raw	21,96
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	21,96
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	21,96
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	21,95
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	21,95
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	21,95
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	21,95
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	21,95
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	21,94
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	21,94
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	21,94
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	21,94
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	21,94
02012	Spices, coriander leaf, dried	21,93
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	21,93

NDB_No	Description	Protein(g) Value Per
16167	USDA Commodity, Peanut Butter, smooth	21,93
01047	Cheese food, pasteurized process, swiss	21,92
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	21,91
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	21,91
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	21,91
23094	Beef, chuck for stew, separable lean and fat, select, raw	21,90
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	21,90
16507	LOMA LINDA Redi-Burger, canned, unprepared	21,90
05191	Turkey, all classes, breast, meat and skin, raw	21,89
05732	Turkey, retail parts, breast, meat and skin, raw	21,88
16024	Beans, great northern, mature seeds, raw	21,86
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	21,85
05655	Ostrich, tip trimmed, raw	21,85
05693	Chicken, broiler, rotisserie, BBQ, back meat only	21,85
07069	Salami, cooked, beef and pork	21,85
13338	Beef, variety meats and by-products, thymus, cooked, braised	21,85
17107	Veal, loin, separable lean only, raw	21,85
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	21,85
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	21,83
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	21,82
05643	Ostrich, fan, raw	21,81
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	21,81
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	21,81
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	21,80
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	21,80
13355	Beef, cured, pastrami	21,80
16593	MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared	21,80
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	21,79
17180	Game meat, rabbit, wild, raw	21,79
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	21,79
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	21,78
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	21,78
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	21,78
17343	Game meat, deer, ground, raw	21,78
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	21,77
05277	Chicken, canned, meat only, with broth	21,77

NDB_No	Description	Protein(g) Value Per
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	21,77
05158	Quail, meat only, raw	21,76
05162	Squab, (pigeon), light meat without skin, raw	21,76
17338	Game meat, elk, ground, raw	21,76
08580	Incaparina, dry mix (corn and soy flours), unprepared	21,75
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	21,75
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	21,75
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	21,75
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	21,74
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	21,74
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	21,72
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	21,72
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	21,72
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	21,72
15215	Fish, shad, american, cooked, dry heat	21,71
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	21,71
07926	Salami, Italian, pork	21,70
16101	Pigeon peas (red gram), mature seeds, raw	21,70
17000	Veal, Australian, rib, rib roast, separable lean only, raw	21,70
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	21,70
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	21,69
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	21,69
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	21,69
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	21,68
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	21,68
05657	Ostrich, top loin, raw	21,67
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	21,67
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	21,67
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	21,66
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	21,65
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	21,65
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	21,65
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	21,65
23095	Beef, chuck for stew, separable lean and fat, choice, raw	21,64
05165	Turkey, whole, meat and skin, raw	21,64
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	21,64

NDB_No	Description	Protein(g) Value Per
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	21,64
15081	Fish, salmon, coho, wild, raw	21,62
17156	Game meat, bison, separable lean only, raw	21,62
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	21,62
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	21,61
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	21,61
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	21,61
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	21,61
01027	Cheese, mozzarella, whole milk, low moisture	21,60
16014	Beans, black, mature seeds, raw	21,60
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	21,60
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	21,59
01157	Cheese, goat, semisoft type	21,58
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	21,57
17221	Lamb, variety meats and by-products, tongue, cooked, braised	21,57
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	21,57
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	21,57
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	21,57
01167	Cheese, mexican, queso chihuahua	21,56
05651	Ostrich, oyster, raw	21,55
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	21,55
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	21,55
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	21,55
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	21,55
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	21,55
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	21,54
01039	Cheese, roquefort	21,54
05696	Turkey from whole, light meat, meat only, with added solution, raw	21,54
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	21,54
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	21,54
17158	Game meat, boar, wild, raw	21,51
08705	Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters	21,50
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	21,50
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	21,50
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	21,50
19407	Snacks, beef sticks, smoked	21,50

NDB_No	Description	Protein(g) Value Per
22126	LOMA LINDA Big Franks, canned, unprepared	21,50
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	21,50
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	21,49
15217	Fish, sucker, white, cooked, dry heat	21,49
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	21,47
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	21,47
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	21,46
15214	Fish, seatrout, mixed species, cooked, dry heat	21,46
16071	Lima beans, large, mature seeds, raw	21,46
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	21,45
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	21,45
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	21,45
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	21,44
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	21,44
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	21,44
01165	Cheese, mexican, queso anejo	21,44
10024	Pork, fresh, loin, whole, separable lean only, raw	21,43
12567	Nuts, almonds, oil roasted, with salt added, smoke flavor	21,43
15080	Fish, salmon, chum, canned, drained solids with bone	21,43
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	21,43
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	21,43
16042	Beans, pinto, mature seeds, raw	21,42
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	21,41
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	21,41
23557	Beef, ground, 95% lean meat / 5% fat, raw	21,41
21143	CHICK-FIL-A, Chick-n-Strips	21,40
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	21,40
01004	Cheese, blue	21,40
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	21,40
12062	Nuts, almonds, blanched	21,40
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	21,40
05011	Chicken, broilers or fryers, meat only, raw	21,39
10110	Pork, fresh, variety meats and by-products, liver, raw	21,39
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	21,39
17170	Game meat, horse, raw	21,39
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	21,39

NDB_No	Description	Protein(g) Value Per
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	21,38
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	21,38
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	21,36
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	21,35
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	21,34
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	21,34
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	21,34
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	21,34
15206	Fish, pout, ocean, cooked, dry heat	21,33
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	21,31
23431	Beef, New Zealand, imported, ribs prepared, raw	21,31
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	21,30
23413	Beef, New Zealand, imported, flat, separable lean only, raw	21,30
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	21,30
16509	LOMA LINDA Linketts, canned, unprepared	21,30
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	21,29
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	21,29
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	21,29
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	21,28
43410	Chicken, meatless, breaded, fried	21,28
05187	Turkey from whole, dark meat, meat only, raw	21,28
05215	Turkey, back from whole bird, meat only, raw	21,28
05740	Turkey, thigh, from whole bird, meat only, raw	21,28
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	21,28
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	21,28
17099	Veal, leg (top round), separable lean only, raw	21,28
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	21,27
15238	Fish, salmon, coho, farmed, raw	21,27
05125	Chicken, stewing, meat only, raw	21,26
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	21,26
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	21,26
16016	Beans, black turtle, mature seeds, raw	21,25
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	21,24
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	21,24
23427	Beef, New Zealand, imported, manufacturing beef, raw	21,23
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	21,23

NDB_No	Description	Protein(g) Value Per
12065	Nuts, almonds, oil roasted, without salt added	21,23
12565	Nuts, almonds, oil roasted, with salt added	21,23
12665	Nuts, almonds, oil roasted, lightly salted	21,23
15274	Fish, trout, brook, raw, New York State	21,23
17183	Game meat, squirrel, raw	21,23
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	21,22
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	21,22
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	21,22
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	21,22
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	21,22
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	21,22
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	21,20
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	21,20
11615	Chives, freeze-dried	21,20
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	21,19
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	21,19
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	21,19
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	21,17
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	21,17
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	21,17
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	21,17
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	21,16
12061	Nuts, almonds	21,15
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	21,14
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	21,14
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	21,13
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	21,13
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	21,13
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	21,13
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	21,13
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	21,13
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	21,13
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	21,13
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	21,12
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	21,12
16045	Beans, small white, mature seeds, raw	21,11

NDB_No	Description	Protein(g) Value Per
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	21,10
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	21,10
10973	Pork, ground, 96% lean / 4% fat, raw	21,10
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	21,10
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	21,10
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	21,09
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	21,08
07072	Salami, dry or hard, pork, beef	21,07
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	21,07
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	21,05
01061	Cheese, American, nonfat or fat free	21,05
12152	Nuts, pistachio nuts, dry roasted, without salt added	21,05
12652	Nuts, pistachio nuts, dry roasted, with salt added	21,05
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	21,04
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	21,03
15197	Fish, herring, Pacific, cooked, dry heat	21,01
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	21,01
43132	Meatballs, meatless	21,00
43137	Vegetarian meatloaf or patties	21,00
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	21,00
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	20,98
15095	Fish, shark, mixed species, raw	20,98
17094	Veal, leg (top round), separable lean and fat, raw	20,98
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	20,97
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	20,96
12063	Nuts, almonds, dry roasted, without salt added	20,96
12195	Nuts, almond butter, plain, without salt added	20,96
12563	Nuts, almonds, dry roasted, with salt added	20,96
12695	Nuts, almond butter, plain, with salt added	20,96
16040	Beans, pink, mature seeds, raw	20,96
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	20,95
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	20,95
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	20,95
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	20,94
10185	Pork, cured, ham, extra lean and regular, canned, roasted	20,94
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	20,93

NDB_No	Description	Protein(g) Value Per
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	20,93
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	20,93
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	20,93
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	20,93
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	20,93
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	20,93
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	20,92
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	20,92
07943	Turkey, breast, smoked, lemon pepper flavor, 97% fat-free	20,90
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	20,90
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	20,90
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	20,89
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	20,89
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	20,89
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	20,88
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	20,88
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	20,87
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	20,87
05704	Turkey, whole, meat only, with added solution, raw	20,87
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	20,86
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	20,86
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	20,86
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	20,85
23472	Beef, ground, 93% lean meat / 7% fat, raw	20,85
05057	Chicken, broilers or fryers, breast, meat and skin, raw	20,85
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	20,85
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	20,83
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	20,80
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	20,80
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	20,80
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	20,80
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	20,79
12036	Seeds, sunflower seed kernels, dried	20,78
15114	Fish, trout, mixed species, raw	20,77
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	20,76
17174	Game meat, muskrat, raw	20,76

NDB_No	Description	Protein(g) Value Per
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	20,76
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	20,75
01006	Cheese, brie	20,75
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	20,75
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	20,74
13023	Beef, brisket, whole, separable lean only, all grades, raw	20,72
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	20,71
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	20,71
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	20,70
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	20,70
15105	Fish, sturgeon, mixed species, cooked, dry heat	20,70
16522	WORTHINGTON Vegetable Steaks, canned, unprepared	20,70
17369	Lamb, New Zealand, imported, liver, raw	20,70
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	20,69
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	20,68
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	20,68
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	20,67
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	20,67
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	20,65
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	20,65
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	20,65
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	20,65
05152	Guinea hen, meat only, raw	20,64
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	20,64
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	20,64
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	20,64
15253	Salmon, sockeye, canned, total can contents	20,63
16074	Lima beans, thin seeded (baby), mature seeds, raw	20,62
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	20,62
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	20,62
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	20,61
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	20,61
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	20,61
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	20,61
05717	Turkey, retail parts, thigh, meat only, raw	20,60
15154	Crustaceans, spiny lobster, mixed species, raw	20,60

NDB_No	Description	Protein(g) Value Per
17168	Goat, raw	20,60
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	20,59
15222	Fish, turbot, european, cooked, dry heat	20,58
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	20,58
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	20,57
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	20,57
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	20,57
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	20,56
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	20,56
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	20,56
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	20,55
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	20,54
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	20,54
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	20,54
90240	Mollusks, scallop, (bay and sea), cooked, steamed	20,54
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	20,53
15053	Fish, milkfish, raw	20,53
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	20,53
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	20,53
23411	Beef, New Zealand, imported, flank, separable lean only, raw	20,53
05716	Turkey, retail parts, drumstick, meat only, raw	20,52
13166	USDA Commodity, beef, canned	20,52
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	20,52
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	20,52
15101	Fish, snapper, mixed species, raw	20,51
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	20,51
15083	Fish, salmon, pink, raw	20,50
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	20,50
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	20,49
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	20,48
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	20,48
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	20,48
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	20,48
15115	Fish, trout, rainbow, wild, raw	20,48
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	20,48
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	20,47

NDB_No	Description	Protein(g) Value Per
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	20,47
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	20,46
12201	Seeds, sesame seed kernels, dried (decorticated)	20,45
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	20,45
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	20,44
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	20,43
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	20,43
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	20,43
15152	Crustaceans, shrimp, mixed species, canned	20,42
15236	Fish, salmon, Atlantic, farmed, raw	20,42
15269	Fish, cod, Pacific, cooked (not previously frozen)	20,42
13329	Beef, variety meats and by-products, lungs, cooked, braised	20,40
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	20,40
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	20,40
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	20,39
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	20,39
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	20,39
17160	Game meat, buffalo, water, raw	20,39
01229	Cheese, white, queso blanco	20,38
17199	Lamb, variety meats and by-products, liver, raw	20,38
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	20,38
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	20,37
05018	Chicken, broilers or fryers, skin only, cooked, roasted	20,36
13325	Beef, variety meats and by-products, liver, raw	20,36
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	20,36
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	20,36
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	20,35
15001	Fish, anchovy, european, raw	20,35
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	20,35
17371	Lamb, New Zealand, imported, ground lamb, raw	20,33
05113	Chicken, roasting, meat only, raw	20,33
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	20,32
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	20,32
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	20,31
10130	Canadian bacon, unprepared	20,31
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	20,30

NDB_No	Description	Protein(g) Value Per
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	20,29
16114	Tempeh	20,29
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	20,29
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	20,28
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	20,28
15049	Fish, mackerel, king, raw	20,28
16107	Sausage, meatless	20,28
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	20,28
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	20,27
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	20,27
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	20,27
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	20,26
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	20,25
21421	KFC, Crispy Chicken Strips	20,25
17149	Bison, ground, grass-fed, raw	20,23
05195	Turkey, all classes, wing, meat and skin, raw	20,22
05641	Ostrich, ground, raw	20,22
14353	Beverages, tea, instant, decaffeinated, unsweetened	20,21
14366	Beverages, tea, instant, unsweetened, powder	20,21
15097	Fish, sheepshead, raw	20,21
15142	Crustaceans, crab, blue, crab cakes, home recipe	20,21
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	20,21
16531	WORTHINGTON Prosage Links, frozen, unprepared	20,20
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	20,20
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	20,20
17137	Veal, sirloin, separable lean only, raw	20,20
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	20,20
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	20,19
13358	Beef, cured, smoked, chopped beef	20,19
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	20,18
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	20,17
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	20,16
12151	Nuts, pistachio nuts, raw	20,16
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	20,16
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	20,16
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	20,15

NDB_No	Description	Protein(g) Value Per
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	20,15
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	20,15
15079	Fish, salmon, chum, raw	20,14
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	20,14
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	20,14
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	20,13
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	20,12
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	20,12
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	20,11
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	20,10
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	20,10
15270	Crustaceans, shrimp, raw (not previously frozen)	20,10
17146	Game meat, bear, raw	20,10
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	20,09
05043	Chicken, broilers or fryers, dark meat, meat only, raw	20,08
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	20,08
15261	Fish, tilapia, raw	20,08
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	20,07
15050	Fish, mackerel, Pacific and jack, mixed species, raw	20,07
17104	Veal, loin, separable lean and fat, raw	20,07
12038	Seeds, sunflower seed kernels, oil roasted, without salt	20,06
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	20,06
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	20,06
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	20,05
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	20,05
01024	Cheese, limburger	20,05
17177	Game meat, rabbit, domesticated, composite of cuts, raw	20,05
05309	Chicken, cornish game hens, meat only, raw	20,04
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	20,04
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	20,04
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	20,04
15005	Fish, bluefish, raw	20,04
17125	Veal, shoulder, arm, separable lean only, raw	20,04
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	20,02
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	20,01
01204	Cheese, parmesan, dry grated, reduced fat	20,00

NDB_No	Description	Protein(g) Value Per
01267	Cheese, mexican, queso cotija	20,00
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	20,00
19171	Cocoa, dry powder, unsweetened, HERSHEY'S European Style Cocoa	20,00
23562	Beef, ground, 90% lean meat / 10% fat, raw	20,00
15034	Fish, haddock, cooked, dry heat	19,99
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	19,99
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	19,98
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	19,98
17113	Veal, rib, separable lean only, raw	19,97
02017	Spices, dill weed, dried	19,96
05736	Turkey, retail parts, drumstick, meat and skin, raw	19,96
15240	Fish, trout, rainbow, farmed, raw	19,94
02066	Spearmint, dried	19,93
15078	Fish, salmon, chinook, raw	19,93
17202	Veal, variety meats and by-products, liver, raw	19,93
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	19,92
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	19,90
16521	WORTHINGTON Vegetable Skallops, canned, unprepared	19,90
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	19,90
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	19,90
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	19,90
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	19,88
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	19,88
17206	Lamb, variety meats and by-products, lungs, cooked, braised	19,88
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	19,88
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	19,87
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	19,87
16001	Beans, adzuki, mature seeds, raw	19,87
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	19,86
05145	Duck, wild, breast, meat only, raw	19,85
07209	OSCAR MAYER, Chicken Breast (honey glazed)	19,85
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	19,85
15076	Fish, salmon, Atlantic, wild, raw	19,84
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	19,84
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	19,82
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	19,82

NDB_No	Description	Protein(g) Value Per
05183	Turkey, dark meat, meat and skin, raw	19,81
01007	Cheese, camembert	19,80
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	19,80
93600	Turtle, green, raw	19,80
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	19,79
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	19,79
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	19,78
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	19,78
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	19,78
02005	Spices, caraway seed	19,77
17428	Veal, shank, separable lean only, raw	19,77
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	19,77
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	19,76
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	19,74
10020	Pork, fresh, loin, whole, separable lean and fat, raw	19,74
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	19,74
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	19,72
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	19,71
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	19,71
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	19,71
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	19,70
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	19,70
05131	Chicken, stewing, dark meat, meat only, raw	19,70
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	19,70
16534	WORTHINGTON Stakelets, frozen, unprepared	19,70
15084	Fish, salmon, pink, canned, total can contents	19,68
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	19,68
05312	Chicken, wing, frozen, glazed, barbecue flavored	19,67
01045	Cheese food, cold pack, American	19,66
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	19,66
05305	Ground turkey, raw	19,66
15110	Fish, swordfish, raw	19,66
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	19,63
05157	Quail, meat and skin, raw	19,63
15156	Mollusks, abalone, mixed species, cooked, fried	19,63
36023	APPLEBEE'S, chicken tenders platter	19,62

NDB_No	Description	Protein(g) Value Per
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	19,61
43130	Frankfurter, meatless	19,61
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	19,61
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	19,61
19165	Cocoa, dry powder, unsweetened	19,60
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	19,60
01192	KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product	19,60
07925	Pastrami, beef, 98% fat-free	19,60
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	19,60
16532	WORTHINGTON Prosage Roll, frozen, unprepared	19,60
17131	Veal, shoulder, blade chop, separable lean only, raw	19,60
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	19,60
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	19,58
05053	Chicken, broilers or fryers, back, meat only, raw	19,56
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	19,56
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	19,56
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	19,56
10072	Pork, fresh, shoulder, whole, separable lean only, raw	19,55
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	19,55
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	19,55
05193	Turkey, all classes, leg, meat and skin, raw	19,54
05742	Turkey, retail parts, thigh, meat and skin, raw	19,54
05734	Turkey, retail parts, wing, meat and skin, raw	19,53
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	19,50
16591	WORTHINGTON Leanies, frozen, unprepared	19,50
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	19,48
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	19,46
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	19,46
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	19,45
07923	Bratwurst, chicken, cooked	19,44
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	19,44
15065	Fish, pollock, Atlantic, raw	19,44
15121	Fish, tuna, light, canned in water, drained solids	19,44
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	19,43
13047	Beef, grass-fed, ground, raw	19,42
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	19,42

NDB_No	Description	Protein(g) Value Per
15267	Fish, pollock, Alaska, cooked (not previously frozen)	19,42
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	19,41
05335	Chicken, feet, boiled	19,40
10158	USDA Commodity, pork, canned	19,40
15108	Fish, sunfish, pumpkin seed, raw	19,40
16113	Natto	19,40
16500	LOMA LINDA Little Links, canned, unprepared	19,40
16511	WORTHINGTON Choplets, canned, unprepared	19,40
15060	Fish, perch, mixed species, raw	19,39
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	19,38
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	19,38
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	19,38
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	19,38
15031	Fish, grouper, mixed species, raw	19,38
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	19,37
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	19,36
15055	Fish, mullet, striped, raw	19,35
15137	Crustaceans, crab, alaska king, cooked, moist heat	19,35
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	19,35
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	19,34
17122	Veal, shoulder, arm, separable lean and fat, raw	19,34
12037	Seeds, sunflower seed kernels, dry roasted, without salt	19,33
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	19,33
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	19,33
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	19,33
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	19,33
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	19,32
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	19,32
15006	Fish, burbot, raw	19,31
21115	Fast foods, hamburger, large, triple patty, with condiments	19,30
13340	Beef, variety meats and by-products, tongue, cooked, simmered	19,29
15051	Fish, mackerel, spanish, raw	19,29
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	19,29
17278	Veal, shank (fore and hind), separable lean only, raw	19,28
17435	Veal, shank, separable lean and fat, raw	19,28
05694	Turkey, dark meat from whole, meat only, with added solution, raw	19,27

NDB_No	Description	Protein(g) Value Per
05719	Turkey, back, from whole bird, meat only, with added solution, raw	19,27
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	19,27
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	19,27
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	19,27
15062	Fish, pike, northern, raw	19,26
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	19,26
36005	APPLEBEE'S, chicken tenders, from kids' menu	19,25
07057	Pepperoni, beef and pork, sliced	19,25
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	19,25
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	19,25
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	19,23
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	19,23
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	19,23
21401	Fast foods, chicken tenders	19,22
21417	POPEYES, Mild Chicken Strips, analyzed 2006	19,20
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	19,20
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	19,20
07070	Salami, cooked, turkey	19,20
16546	MORNINGSTAR FARMS Breakfast Sausage Links, frozen, unprepared	19,20
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	19,19
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	19,18
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	19,17
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	19,17
36027	DENNY'S, chicken strips	19,17
05080	Chicken, broilers or fryers, leg, meat only, raw	19,16
17276	Veal, shank (fore and hind), separable lean and fat, raw	19,15
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	19,15
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	19,14
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	19,14
15064	Fish, pike, walleye, raw	19,14
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	19,14
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	19,14
07089	Sausage, Italian, pork, cooked	19,12
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	19,11
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	19,11
10898	Pork, pickled pork hocks	19,11

NDB_No	Description	Protein(g) Value Per
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	19,10
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	19,10
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	19,09
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	19,09
15130	Fish, whitefish, mixed species, raw	19,09
10192	Pork, fresh, backribs, separable lean and fat, raw	19,07
17134	Veal, sirloin, separable lean and fat, raw	19,07
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	19,06
13149	Beef, rib, shortribs, separable lean only, choice, raw	19,05
05236	Turkey, young hen, skin only, cooked, roasted	19,03
05706	Turkey, whole, meat and skin, with added solution, raw	19,03
07039	Lebanon bologna, beef	19,03
10856	HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Pork	19,02
13353	Beef, cured, luncheon meat, jellied	19,00
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	19,00
15148	Crustaceans, lobster, northern, cooked, moist heat	19,00
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	19,00
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	19,00
05140	Duck, domesticated, meat and skin, cooked, roasted	18,99
15013	Fish, cisco, raw	18,99
15022	Fish, cusk, raw	18,99
15044	Fish, ling, raw	18,99
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	18,99
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	18,99
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	18,99
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	18,97
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	18,95
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	18,91
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	18,91
15231	Mollusks, oyster, Pacific, cooked, moist heat	18,90
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	18,90
36034	Restaurant, family style, chicken tenders	18,88
15090	Fish, scup, raw	18,88
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	18,87
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	18,87
15003	Fish, bass, fresh water, mixed species, raw	18,86

NDB_No	Description	Protein(g) Value Per
17110	Veal, rib, separable lean and fat, raw	18,86
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	18,86
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	18,86
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	18,86
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	18,85
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	18,85
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	18,85
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	18,84
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	18,82
16129	Tofu, fried	18,82
16429	Tofu, fried, prepared with calcium sulfate	18,82
16022	Beans, french, mature seeds, raw	18,81
05173	Turkey, gizzard, all classes, raw	18,80
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	18,80
07955	Turkey sausage, fresh, raw	18,79
05135	Chicken, capons, meat and skin, raw	18,77
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	18,76
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	18,75
05119	Chicken, roasting, dark meat, meat only, raw	18,74
05143	Duck, domesticated, liver, raw	18,74
10855	HORMEL ALWAYS TENDER, Center Cut Chops, Fresh Pork	18,74
17208	Veal, variety meats and by-products, lungs, cooked, braised	18,74
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	18,74
05665	Ground turkey, 93% lean, 7% fat, raw	18,73
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	18,73
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	18,73
17128	Veal, shoulder, blade chop, separable lean and fat, raw	18,72
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	18,72
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	18,71
05285	Turkey, diced, light and dark meat, seasoned	18,70
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	18,69
36015	Restaurant, family style, chicken fingers, from kid's menu	18,68
36020	T.G.I. FRIDAY'S, chicken fingers	18,68
17330	Game meat , bison, ground, raw	18,67
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	18,67
32020	Chicken, thighs, frozen, breaded, reheated	18,66

NDB_No	Description	Protein(g) Value Per
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	18,66
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	18,65
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	18,64
07043	Roast beef, deli style, prepackaged, sliced	18,62
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	18,62
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	18,62
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	18,62
05006	Chicken, broilers or fryers, meat and skin, raw	18,60
15046	Fish, mackerel, Atlantic, raw	18,60
16523	WORTHINGTON Vegetarian Burger, canned, unprepared	18,60
16527	WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared	18,60
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	18,59
23567	Beef, ground, 85% lean meat / 15% fat, raw	18,59
07088	Honey roll sausage, beef	18,58
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	18,58
17142	Veal, ground, raw	18,58
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	18,57
05353	USDA Commodity, chicken fajita strips, frozen	18,56
10115	Pork, fresh, variety meats and by-products, pancreas, raw	18,56
15036	Fish, halibut, Atlantic and Pacific, raw	18,56
15203	Fish, monkfish, cooked, dry heat	18,56
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	18,55
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	18,55
07064	Pork sausage, link/patty, cooked, pan-fried	18,53
21507	WENDY'S, Double Stack, with cheese	18,53
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	18,52
01159	Cheese, goat, soft type	18,52
05133	Chicken, capons, meat and skin and giblets and neck, raw	18,51
15058	Fish, ocean perch, Atlantic, cooked, dry heat	18,51
15103	Fish, spot, raw	18,51
15023	Fish, mahimahi, raw	18,50
15144	Crustaceans, crab, queen, raw	18,50
16533	WORTHINGTON Smoked Turkey Roll, frozen, unprepared	18,50
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	18,50
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	18,50
83110	Fish, mackerel, salted	18,50

NDB_No	Description	Protein(g) Value Per
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	18,49
10150	Pork, cured, ham, whole, separable lean and fat, unheated	18,49
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	18,49
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	18,49
15068	Fish, pompano, florida, raw	18,48
05160	Squab, (pigeon), meat and skin, raw	18,47
15233	Fish, catfish, channel, wild, cooked, dry heat	18,47
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	18,47
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	18,47
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	18,44
15025	Fish, eel, mixed species, raw	18,44
15235	Fish, catfish, channel, farmed, cooked, dry heat	18,44
10851	HORMEL, Cure 81 Ham	18,43
15091	Fish, sea bass, mixed species, raw	18,43
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	18,43
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	18,42
15196	Fish, halibut, greenland, cooked, dry heat	18,42
07060	Luxury loaf, pork	18,40
08561	Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Cinnamon, dry	18,39
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	18,39
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	18,39
15070	Fish, rockfish, Pacific, mixed species, raw	18,36
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	18,33
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	18,33
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	18,31
15132	Fish, whiting, mixed species, raw	18,31
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	18,31
19086	Candies, confectioner's coating, peanut butter	18,30
13333	Beef, variety meats and by-products, spleen, raw	18,30
17216	Veal, variety meats and by-products, spleen, raw	18,30
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	18,29
12220	Seeds, flaxseed	18,29
15136	Crustaceans, crab, alaska king, raw	18,29
05137	Chicken, capons, giblets, raw	18,28
05141	Duck, domesticated, meat only, raw	18,28
15077	Fish, salmon, chinook, smoked	18,28

NDB_No	Description	Protein(g) Value Per
15179	Fish, salmon, chinook, smoked, (lox), regular	18,28
05177	Turkey, liver, all classes, raw	18,26
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	18,26
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	18,24
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	18,22
12087	Nuts, cashew nuts, raw	18,22
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	18,22
07956	Beef sausage, fresh, cooked	18,21
16109	Soybeans, mature cooked, boiled, without salt	18,21
16409	Soybeans, mature seeds, cooked, boiled, with salt	18,21
10852	HORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki-Flavored	18,20
15021	Fish, croaker, Atlantic, cooked, breaded and fried	18,20
21101	Fast foods, cheeseburger; triple, regular patty; plain	18,20
21256	BURGER KING, Chicken Strips	18,20
05171	Turkey, whole, giblets, raw	18,18
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	18,17
12206	Nuts, almonds, honey roasted, unblanched	18,17
13347	Beef, cured, corned beef, brisket, cooked	18,17
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	18,15
05115	Chicken, roasting, giblets, raw	18,14
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	18,13
01042	Cheese, pasteurized process, American, fortified with vitamin D	18,13
01253	Cheese, pasteurized process, American, without added vitamin D	18,13
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	18,12
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	18,12
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	18,11
19166	Cocoa, dry powder, unsweetened, processed with alkali	18,10
17373	Lamb, New Zealand, imported, heart, raw	18,09
01228	Cheese, fresh, queso fresco	18,09
15011	Fish, catfish, channel, cooked, breaded and fried	18,09
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	18,08
12169	Seeds, sesame butter, paste	18,08
02007	Spices, celery seed	18,07
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	18,07
15139	Crustaceans, crab, blue, raw	18,06
36024	CRACKER BARREL, chicken tenderloin platter, fried	18,06

NDB_No	Description	Protein(g) Value Per
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	18,04
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	18,03
07018	Chicken spread	18,01
08589	Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble	18,00
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	18,00
02033	Spices, poppy seed	17,99
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	17,99
10972	Pork, ground, 84% lean / 16% fat, raw	17,99
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	17,98
10184	Pork, cured, ham, extra lean and regular, canned, unheated	17,97
15039	Fish, herring, Atlantic, raw	17,96
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	17,95
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	17,95
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	17,94
15176	Mollusks, squid, mixed species, cooked, fried	17,94
07938	Ham, honey, smoked, cooked	17,93
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	17,93
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	17,92
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	17,91
11634	Peppers, sweet, green, freeze-dried	17,90
11931	Peppers, sweet, red, freeze-dried	17,90
05127	Chicken, stewing, giblets, raw	17,89
05020	Chicken, broilers or fryers, giblets, raw	17,88
15140	Crustaceans, crab, blue, cooked, moist heat	17,88
15141	Crustaceans, crab, blue, canned	17,88
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	17,88
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	17,87
10117	Pork, fresh, variety meats and by-products, spleen, raw	17,86
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	17,86
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	17,84
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	17,84
10854	HORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Garlic-Flavored	17,83
15008	Fish, carp, raw	17,83
02014	Spices, cumin seed	17,81
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	17,81
15015	Fish, cod, Atlantic, raw	17,81

NDB_No	Description	Protein(g) Value Per
16536	WORTHINGTON Wham (roll), frozen, unprepared	17,80
22118	MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared	17,80
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	17,79
15020	Fish, croaker, Atlantic, raw	17,78
43131	Luncheon slices, meatless	17,78
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	17,77
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	17,77
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	17,77
10174	Pork, fresh, variety meats and by-products, tail, raw	17,75
12023	Seeds, sesame seeds, whole, dried	17,73
15004	Fish, bass, striped, raw	17,73
13321	Beef, variety meats and by-products, heart, raw	17,72
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	17,72
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	17,70
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	17,69
21422	KFC, Popcorn Chicken	17,67
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	17,67
05023	Chicken, gizzard, all classes, raw	17,66
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	17,66
15045	Fish, lingcod, raw	17,66
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	17,65
15075	Fish, sablefish, smoked	17,65
21610	School Lunch, chicken patty, whole grain breaded	17,64
15099	Fish, smelt, rainbow, raw	17,63
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	17,61
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	17,60
02002	Spices, anise seed	17,60
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	17,60
07915	Sausage, Polish, beef with chicken, hot	17,60
42258	Cheese product, pasteurized process, cheddar, reduced fat	17,60
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	17,56
12088	Nuts, cashew butter, plain, without salt added	17,56
05088	Chicken, broilers or fryers, neck, meat only, raw	17,55
05123	Chicken, stewing, meat and skin, raw	17,55
15024	Fish, drum, freshwater, raw	17,54
15268	Fish, cod, Pacific, raw (not previously frozen)	17,54

NDB_No	Description	Protein(g) Value Per
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	17,54
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	17,53
05100	Chicken, broilers or fryers, wing, meat and skin, raw	17,52
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	17,52
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	17,51
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	17,51
05161	Squab, (pigeon), meat only, raw	17,50
07044	USDA Commodity, luncheon meat, canned	17,50
15112	Fish, tilefish, raw	17,50
15134	Fish, wolffish, Atlantic, raw	17,50
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	17,48
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	17,48
13002	Beef, carcass, separable lean and fat, select, raw	17,48
17271	Veal, breast, whole, boneless, separable lean and fat, raw	17,47
07078	Thuringer, cervelat, summer sausage, beef, pork	17,45
05332	Chicken, ground, raw	17,44
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	17,44
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	17,43
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	17,43
05144	Duck, wild, meat and skin, raw	17,42
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	17,42
15143	Crustaceans, crab, dungeness, raw	17,41
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	17,40
12698	Seeds, sesame butter, tahini, type of kernels unspecified	17,40
13323	Beef, variety meats and by-products, kidneys, raw	17,40
22119	MORNINGSTAR FARMS Veggie Dog, frozen, unprepared	17,40
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	17,38
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	17,37
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	17,37
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	17,34
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	17,34
13001	Beef, carcass, separable lean and fat, choice, raw	17,32
19031	Snacks, oriental mix, rice-based	17,31
20033	Oat bran, raw	17,30
06076	Soup, beef broth, cubed, dry	17,30
07056	Peppered loaf, pork, beef	17,30

NDB_No	Description	Protein(g) Value Per
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	17,30
21096	Fast foods, cheeseburger; single, large patty; plain	17,29
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	17,28
12040	Seeds, sunflower seed butter, without salt	17,28
12540	Seeds, sunflower seed butter, with salt added	17,28
15007	Fish, butterfish, raw	17,28
07091	New england brand sausage, pork, beef	17,27
10103	Pork, fresh, variety meats and by-products, heart, raw	17,27
16426	Tofu, raw, firm, prepared with calcium sulfate	17,27
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	17,25
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	17,22
10853	HORMEL ALWAYS TENDER, Pork Tenderloin, Peppercorn-Flavored	17,21
12039	Seeds, sunflower seed kernels, toasted, without salt	17,21
12539	Seeds, sunflower seed kernels, toasted, with salt added	17,21
17218	Veal, variety meats and by-products, thymus, raw	17,21
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	17,21
17214	Lamb, variety meats and by-products, spleen, raw	17,20
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	17,19
15208	Fish, sablefish, cooked, dry heat	17,19
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	17,19
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	17,19
21404	McDONALD'S, Premium Grilled Chicken Club Sandwich	17,19
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	17,19
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	17,18
17193	Veal, variety meats and by-products, heart, raw	17,18
17222	Veal, variety meats and by-products, tongue, raw	17,18
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	17,18
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	17,18
15266	Fish, pollock, Alaska, raw (not previously frozen)	17,17
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	17,17
23572	Beef, ground, 80% lean meat / 20% fat, raw	17,17
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	17,16
21092	Fast foods, cheeseburger; double, regular patty; plain	17,16
05307	Chicken, cornish game hens, meat and skin, raw	17,15
17353	Lamb, Australian, ground, 85% lean / 15% fat, raw	17,14
15155	Mollusks, abalone, mixed species, raw	17,10

NDB_No	Description	Protein(g) Value Per
05109	Chicken, roasting, meat and skin and giblets and neck, raw	17,09
21110	Fast foods, hamburger; double, regular, patty; plain	17,08
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	17,07
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	17,07
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	17,06
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	17,06
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	17,03
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	17,02
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	17,01
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	17,00
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	17,00
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	17,00
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	16,98
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	16,97
12024	Seeds, sesame seeds, whole, roasted and toasted	16,96
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	16,96
12034	Seeds, sesame meal, partially defatted	16,96
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	16,96
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	16,96
21396	Fast foods, cheeseburger; double, large patty; with condiments	16,96
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	16,94
15094	Fish, shad, american, raw	16,93
05027	Chicken, liver, all classes, raw	16,92
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	16,92
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	16,90
17449	Lamb, Australian, imported, fresh, external fat, cooked	16,90
05668	Ground turkey, 85% lean, 15% fat, raw	16,90
20038	Oats	16,89
10219	Pork, fresh, ground, raw	16,88
10857	HORMEL Canadian Style Bacon	16,88
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	16,88
36051	ON THE BORDER, cheese quesadilla	16,87
01046	Cheese food, pasteurized process, American, vitamin D fortified	16,86
01254	Cheese food, pasteurized process, American, without added vitamin D	16,86
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	16,86
07028	Ham, sliced, pre-packaged, deli meat (96%fat free, water added)	16,85

NDB_No	Description	Protein(g) Value Per
10119	Pork, fresh, variety meats and by-products, stomach, raw	16,85
12086	Nuts, cashew nuts, oil roasted, without salt added	16,84
12586	Nuts, cashew nuts, oil roasted, with salt added	16,84
21506	BURGER KING, Double Cheeseburger	16,83
19859	Cocoa, dry powder, hi-fat or breakfast, plain	16,80
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	16,80
05354	USDA Commodity, turkey taco meat, frozen, cooked	16,80
07932	Chicken breast, fat-free, mesquite flavor, sliced	16,80
07933	Chicken breast, oven-roasted, fat-free, sliced	16,79
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	16,79
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	16,79
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	16,77
15107	Fish, sucker, white, raw	16,76
07965	Pork sausage, link/patty, reduced fat, unprepared	16,75
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	16,75
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	16,75
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	16,74
15093	Fish, seatrout, mixed species, raw	16,74
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	16,74
05175	Turkey, heart, all classes, raw	16,70
06981	Soup, bouillon cubes and granules, low sodium, dry	16,70
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	16,70
17205	Lamb, variety meats and by-products, lungs, raw	16,70
21406	McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich	16,70
43278	Cheese, american cheddar, imitation	16,70
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	16,69
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	16,68
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	16,67
06080	Soup, chicken broth or bouillon, dry	16,66
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	16,65
15059	Fish, pout, ocean, raw	16,64
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	16,63
07029	Ham, sliced, regular (approximately 11% fat)	16,60
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	16,60
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	16,58
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	16,57

NDB_No	Description	Protein(g) Value Per
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	16,56
17224	Lamb, ground, raw	16,56
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	16,56
02020	Spices, garlic powder	16,55
12006	Seeds, chia seeds, dried	16,54
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	16,53
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	16,52
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	16,52
15147	Crustaceans, lobster, northern, raw	16,52
21107	Fast foods, hamburger; single, regular patty; plain	16,52
21243	WENDY'S, CLASSIC DOUBLE, with cheese	16,52
21089	Fast foods, cheeseburger; single, regular patty; plain	16,51
21112	Fast foods, hamburger; single, large patty; plain	16,51
05179	Turkey from whole, neck, meat only, raw	16,51
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	16,50
07027	Ham, chopped, not canned	16,50
08687	Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	16,50
08694	Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	16,50
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	16,50
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	16,48
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	16,47
17191	Lamb, variety meats and by-products, heart, raw	16,47
10106	Pork, fresh, variety meats and by-products, kidneys, raw	16,46
21246	WENDY'S, Chicken Nuggets	16,46
01048	Cheese spread, pasteurized process, American	16,41
15073	Fish, roughy, orange, raw	16,41
80200	Frog legs, raw	16,40
15043	Fish, herring, Pacific, raw	16,39
15010	Fish, catfish, channel, wild, raw	16,38
05075	Chicken, broilers or fryers, leg, meat and skin, raw	16,37
05150	Goose, liver, raw	16,37
07050	Mortadella, beef, pork	16,37
08686	Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	16,37
15014	Fish, cisco, smoked	16,36
05326	Chicken breast tenders, breaded, cooked, microwaved	16,35
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	16,34

NDB_No	Description	Protein(g) Value Per
15033	Fish, haddock, raw	16,32
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	16,32
01189	KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product	16,30
01191	KRAFT VELVEETA Pasteurized Process Cheese Spread	16,30
05600	USDA Commodity, turkey ham, dark meat, smoked, frozen	16,30
07052	Pastrami, turkey	16,30
07212	OSCAR MAYER, Ham (chopped with natural juice)	16,30
10121	Pork, fresh, variety meats and by-products, tongue, raw	16,30
16504	LOMA LINDA Tender Rounds with Gravy, canned, unprepared	16,30
17207	Veal, variety meats and by-products, lungs, raw	16,30
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	16,30
21102	Fast foods, chicken fillet sandwich, plain with pickles	16,28
21526	CHICK-FIL-A, chicken sandwich	16,28
07030	Ham, minced	16,28
18076	Bread, whole-wheat, commercially prepared, toasted	16,27
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	16,27
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	16,26
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	16,26
15163	Mollusks, cuttlefish, mixed species, raw	16,24
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	16,24
21395	Fast foods, cheeseburger; double, regular patty; with condiments	16,24
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	16,23
13328	Beef, variety meats and by-products, lungs, raw	16,20
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	16,19
07033	Ham and cheese spread	16,18
12021	Seeds, safflower seed kernels, dried	16,18
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	16,17
36059	Restaurant, Italian, chicken parmesan without pasta	16,17
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	16,16
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	16,15
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	16,15
15104	Fish, sturgeon, mixed species, raw	16,14
07914	Sausage, Italian, sweet, links	16,13
16526	WORTHINGTON Meatless Chicken Roll, frozen, unprepared	16,10
90560	Mollusks, snail, raw	16,10
01252	Cheese product, pasteurized process, American, vitamin D fortified	16,09

NDB_No	Description	Protein(g) Value Per
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	16,09
07026	Ham, chopped, canned	16,06
15129	Fish, turbot, european, raw	16,05
15128	Fish, tuna salad	16,04
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	16,03
08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	16,00
16528	WORTHINGTON Dinner Roast, frozen, unprepared	16,00
02016	Spices, dill seed	15,98
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	15,98
06075	Soup, beef broth or bouillon, powder, dry	15,97
15145	Crustaceans, crayfish, mixed species, wild, raw	15,97
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	15,95
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	15,95
07254	Turkey bacon, unprepared	15,94
36052	Restaurant, Mexican, cheese quesadilla	15,93
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	15,92
20063	Rye flour, dark	15,91
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	15,87
01125	Egg, yolk, raw, fresh	15,86
05146	Goose, domesticated, meat and skin, raw	15,86
07001	Barbecue loaf, pork, beef	15,84
36008	T.G.I. FRIDAY'S, fried mozzarella	15,82
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	15,81
02018	Spices, fennel seed	15,80
16515	WORTHINGTON Low Fat Veja-Links, canned, unprepared	15,80
21309	McDONALD'S, Chicken McNUGGETS	15,79
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	15,78
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	15,77
17197	Veal, variety meats and by-products, kidneys, raw	15,76
23577	Beef, ground, 75% lean meat / 25% fat, raw	15,76
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	15,75
17195	Lamb, variety meats and by-products, kidneys, raw	15,74
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	15,73
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	15,70
13331	Beef, variety meats and by-products, pancreas, raw	15,70
16147	Veggie burgers or soyburgers, unprepared	15,70

NDB_No	Description	Protein(g) Value Per
17220	Lamb, variety meats and by-products, tongue, raw	15,70
01186	Cheese, cream, fat free	15,69
21202	Fast foods, hamburger, large, single patty, with condiments	15,68
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	15,68
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	15,67
21611	School Lunch, chicken nuggets, whole grain breaded	15,67
23501	USDA Commodity, beef patties with VPP, frozen, cooked	15,64
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	15,60
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	15,60
15175	Mollusks, squid, mixed species, raw	15,58
16077	Lupins, mature seeds, cooked, boiled, without salt	15,57
16377	Lupins, mature seeds, cooked, boiled, with salt	15,57
05025	Chicken, heart, all classes, raw	15,55
20077	Wheat bran, crude	15,55
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	15,55
01126	Egg, yolk, raw, frozen, pasteurized	15,53
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	15,52
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	15,52
07024	Frankfurter, chicken	15,51
07954	Beef sausage, pre-cooked	15,50
16554	MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared	15,50
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	15,50
19147	Candies, peanut bar	15,50
21344	McDONALD'S, Double Cheeseburger	15,50
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	15,50
42280	Frankfurter, meat and poultry, low fat	15,50
14196	Beverages, Cocoa mix, no sugar added, powder	15,49
10088	Pork, fresh, spareribs, separable lean and fat, raw	15,47
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	15,43
06128	Soup, chicken noodle, dry, mix	15,42
07919	Sausage, turkey, breakfast links, mild	15,42
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	15,41
12013	Seeds, lotus seeds, dried	15,41
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	15,40
20071	Wheat, hard red spring	15,40
07063	Pork sausage, link/patty, unprepared	15,39

NDB_No	Description	Protein(g) Value Per
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	15,39
07090	Luncheon sausage, pork and beef	15,38
21405	McDONALD'S, Premium Crispy Chicken Club Sandwich	15,38
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	15,38
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	15,36
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	15,34
36058	OLIVE GARDEN, chicken parmigiana without pasta	15,33
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	15,32
12085	Nuts, cashew nuts, dry roasted, without salt added	15,31
12585	Nuts, cashew nuts, dry roasted, with salt added	15,31
15057	Fish, ocean perch, Atlantic, raw	15,31
07010	Bologna, pork	15,30
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	15,29
07004	Sausage, Berliner, pork, beef	15,27
07912	Roast beef spread	15,27
15019	Fish, cod, Pacific, raw (may have been previously frozen)	15,27
19295	Candies, MARS SNACKFOOD US, SNICKERS MUNCH bar	15,25
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	15,24
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	15,23
12155	Nuts, walnuts, english	15,23
15234	Fish, catfish, channel, farmed, raw	15,23
05019	Chicken, broilers or fryers, skin only, cooked, stewed	15,22
17367	Lamb, New Zealand, imported, kidney, raw	15,21
21398	Fast foods, cheeseburger; single, large patty; with condiments	15,21
23506	USDA Commodity, beef patties with VPP, frozen, raw	15,21
03011	Babyfood, meat, lamb, junior	15,20
07008	Bologna, beef and pork	15,20
07040	Liver cheese, pork	15,20
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	15,20
16581	GARDENBURGER Flame Grilled Burger, frozen, unprepared	15,20
05356	Chicken, broiler, rotisserie, BBQ, skin	15,19
15109	Fish, surimi	15,18
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	15,17
21121	Fast foods, roast beef sandwich, plain	15,17
21527	ARBY'S, roast beef sandwich, classic	15,17
07953	Pork sausage, link/patty, fully cooked, microwaved	15,12

NDB_No	Description	Protein(g) Value Per
16508	LOMA LINDA Tender Bits, canned, unprepared	15,10
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	15,09
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	15,08
07927	Sausage, Italian, turkey, smoked	15,05
07929	Sausage, turkey, hot, smoked	15,05
21488	Fast foods, quesadilla, with chicken	15,05
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	15,03
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	15,03
07913	Salami, pork, beef, less sodium	15,01
08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	15,00
16518	WORTHINGTON Saucettes, canned, unprepared	15,00
17212	Veal, variety meats and by-products, pancreas, raw	15,00
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	15,00
13330	Beef, variety meats and by-products, mechanically separated beef, raw	14,97
17209	Lamb, variety meats and by-products, mechanically separated, raw	14,97
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	14,95
12120	Nuts, hazelnuts or filberts	14,95
07062	Picnic loaf, pork, beef	14,92
15166	Mollusks, octopus, common, raw	14,91
13339	Beef, variety meats and by-products, tongue, raw	14,90
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	14,90
35233	Hazelnuts, beaked (Northern Plains Indians)	14,89
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	14,87
36004	APPLEBEE'S, mozzarella sticks	14,87
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	14,86
21250	BURGER KING, Hamburger	14,85
05324	Chicken patty, frozen, cooked	14,85
15242	Crustaceans, crayfish, mixed species, farmed, raw	14,85
17210	Lamb, variety meats and by-products, pancreas, raw	14,84
07081	Turkey breast, sliced, prepackaged	14,81
07930	Yachtwurst, with pistachio nuts, cooked	14,80
21111	Fast foods, hamburger; double, regular patty; with condiments	14,80
36012	Restaurant, family style, fried mozzarella sticks	14,75
20088	Wild rice, raw	14,73
21245	WENDY'S, Ultimate Chicken Grill Sandwich	14,73
05327	Chicken breast tenders, breaded, uncooked	14,73

NDB_No	Description	Protein(g) Value Per
05303	Poultry, mechanically deboned, from mature hens, raw	14,72
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	14,72
25051	Snacks, CLIF BAR, mixed flavors	14,71
21407	McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich	14,70
08157	Cereals ready-to-eat, wheat, puffed, fortified	14,70
16512	WORTHINGTON Diced Chik, canned, unprepared	14,70
13346	Beef, cured, corned beef, brisket, raw	14,68
15157	Mollusks, clam, mixed species, raw	14,67
20132	Oat flour, partially debranned	14,66
23507	USDA Commodity, beef, patties (100%), frozen, raw	14,63
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	14,62
22978	Chicken tenders, breaded, frozen, prepared	14,62
05673	Chicken, skin (drumsticks and thighs), cooked, braised	14,61
20111	Noodles, egg, spinach, enriched, dry	14,61
22123	MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared	14,60
03014	Babyfood, meat, chicken sticks, junior	14,60
06081	Soup, chicken broth cubes, dry	14,60
07005	Blood sausage	14,60
16524	WORTHINGTON Veja-Links, canned, unprepared	14,60
07935	Oven-roasted chicken breast roll	14,59
21235	McDONALD'S, QUARTER POUNDER with Cheese	14,59
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	14,58
20140	Spelt, uncooked	14,57
21251	BURGER KING, Cheeseburger	14,57
20138	Wheat, KAMUT khorasan, uncooked	14,54
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	14,54
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	14,52
18036	Bread, multi-grain, toasted (includes whole-grain)	14,52
07014	Braunschweiger (a liver sausage), pork	14,50
16519	WORTHINGTON Super Links, canned, unprepared	14,50
15054	Fish, monkfish, raw	14,48
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	14,48
35183	Corn, dried, yellow (Northern Plains Indians)	14,48
21255	BURGER KING, DOUBLE WHOPPER, with cheese	14,47
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	14,47
36629	Restaurant, Chinese, orange chicken	14,46

NDB_No	Description	Protein(g) Value Per
07924	Bratwurst, pork, beef and turkey, lite, smoked	14,45
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	14,44
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	14,42
14203	Beverages, coffee, instant, regular, half the caffeine	14,42
07972	Meatballs, frozen, Italian style	14,40
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	14,40
16556	MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared	14,40
16615	MORNINGSTAR FARMS Chipotle Black Bean Crumbles, frozen, unprepared	14,40
20114	Noodles, japanese, soba, dry	14,38
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	14,38
15038	Fish, halibut, Greenland, raw	14,37
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	14,36
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	14,35
05714	Turkey, skin, from retail parts, from dark meat, raw	14,35
13498	Beef, ground, 70% lean meat / 30% fat, raw	14,35
05323	Chicken patty, frozen, uncooked	14,33
36633	Restaurant, Chinese, sesame chicken	14,33
19078	Baking chocolate, unsweetened, squares	14,32
12078	Nuts, brazilnuts, dried, unblanched	14,32
07015	Brotwurst, pork, beef, link	14,30
16514	WORTHINGTON Low Fat Fri Chik, canned, unprepared	14,30
16552	MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared	14,30
28317	Bread, wheat, sprouted, toasted	14,30
02015	Spices, curry powder	14,29
03302	Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	14,29
12157	Nuts, walnuts, dry roasted, with salt added	14,29
14311	Beverages, Malted drink mix, natural, powder, dairy based.	14,29
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	14,28
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	14,27
09110	Goji berries, dried	14,26
07036	Sausage, Italian, pork, raw	14,25
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	14,25
18960	Crackers, snack, GOYA CRACKERS	14,25
07003	Beerwurst, beer salami, pork	14,24
15158	Mollusks, clam, mixed species, cooked, breaded and fried	14,24
01019	Cheese, feta	14,21

NDB_No	Description	Protein(g) Value Per
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	14,20
05300	Turkey sticks, breaded, battered, fried	14,20
07055	Pate, liver, not specified, canned	14,20
16611	MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared	14,20
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	14,20
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	14,20
15041	Fish, herring, Atlantic, pickled	14,19
20109	Noodles, egg, dry, enriched	14,16
20409	Noodles, egg, dry, unenriched	14,16
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	14,16
25017	Formulated bar, POWER BAR, chocolate	14,15
02028	Spices, paprika	14,14
18376	Bread crumbs, dry, grated, seasoned	14,13
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	14,13
20035	Quinoa, uncooked	14,12
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	14,12
11955	Tomatoes, sun-dried	14,11
13357	Beef, cured, sausage, cooked, smoked	14,11
07016	Cheesefurter, cheese smokie, pork, beef	14,10
07041	Liver sausage, liverwurst, pork	14,10
07059	Polish sausage, pork	14,10
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	14,10
16555	MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared	14,10
21234	McDONALD'S, QUARTER POUNDER	14,10
10112	Pork, fresh, variety meats and by-products, lungs, raw	14,08
01160	Egg, yolk, raw, frozen, salted, pasteurized	14,07
03010	Babyfood, meat, lamb, strained	14,07
05084	Chicken, broilers or fryers, neck, meat and skin, raw	14,07
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	14,07
05048	Chicken, broilers or fryers, back, meat and skin, raw	14,05
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	14,05
07006	Bockwurst, pork, veal, raw	14,03
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	14,03
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	14,01
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	14,00
03007	Babyfood, meat, pork, strained	14,00

NDB_No	Description	Protein(g) Value Per
03013	Babyfood, meat, chicken, junior	14,00
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	14,00
07002	Beerwurst, beer salami, pork and beef	14,00
07931	Beerwurst, pork and beef	14,00
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	13,99
07910	Bratwurst, veal, cooked	13,99
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	13,99
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	13,95
21254	BURGER KING, DOUBLE WHOPPER, no cheese	13,94
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	13,94
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	13,92
10001	Pork, fresh, carcass, separable lean and fat, raw	13,91
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	13,90
18975	KASHI, TLC, Original 7-Grain Crackers	13,90
21145	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen	13,89
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	13,88
36612	DENNY'S, golden fried shrimp	13,88
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	13,88
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	13,88
01127	Egg, yolk, raw, frozen, sugared, pasteurized	13,87
01139	Egg, goose, whole, fresh, raw	13,87
20124	Pasta, whole-wheat, dry	13,87
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	13,86
21018	Fast foods, egg, scrambled	13,84
07034	Headcheese, pork	13,83
12140	Nuts, formulated, wheat-based, unflavored, with salt added	13,82
22988	KASHI, Pilaf, 7 Whole Grain, unprepared	13,81
19059	Snacks, trail mix, regular	13,80
19821	Snacks, trail mix, regular, unsalted	13,80
07065	Pork and beef sausage, fresh, cooked	13,80
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	13,79
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	13,78
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	13,77
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	13,77
36029	DENNY'S, fish fillet, battered or breaded, fried	13,75
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	13,73

NDB_No	Description	Protein(g) Value Per
07013	Bratwurst, pork, cooked	13,72
03012	Babyfood, meat, chicken, strained	13,70
03017	Babyfood, meat, turkey sticks, junior	13,70
08402	Cereals, QUAKER, Quick Oats, Dry	13,70
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	13,70
12121	Nuts, hazelnuts or filberts, blanched	13,70
42190	Pork sausage rice links, brown and serve, cooked	13,70
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	13,69
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	13,69
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	13,69
12147	Nuts, pine nuts, dried	13,69
01141	Egg, turkey, whole, fresh, raw	13,68
20076	Wheat, durum	13,68
08037	Cereals ready-to-eat, granola, homemade	13,67
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	13,64
21357	McDONALD'S, Egg McMUFFIN	13,64
21146	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza, frozen	13,63
01128	Egg, whole, cooked, fried	13,61
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	13,61
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	13,60
07032	Ham and cheese loaf or roll	13,60
07928	Sausage, chicken, beef, pork, skinless, smoked	13,60
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	13,59
20001	Amaranth grain, uncooked	13,56
36611	DENNY'S, mozzarella cheese sticks	13,56
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	13,51
03193	Babyfood, cereal, oatmeal, with honey, dry	13,50
07236	OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey)	13,50
07944	Turkey, white, rotisserie, deli cut	13,50
16088	Peanuts, all types, cooked, boiled, with salt	13,50
18224	Crackers, rusk toast	13,50
18234	Crackers, wheat, sandwich, with peanut butter filling	13,50
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	13,50
21090	Fast foods, cheeseburger; single, regular patty, with condiments	13,49
36033	Restaurant, family style, fish fillet, battered or breaded, fried	13,49
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	13,48

NDB_No	Description	Protein(g) Value Per
02009	Spices, chili powder	13,46
07967	Pork sausage, link/patty, fully cooked, unheated	13,46
21360	McDONALD'S, Bacon Egg & Cheese Biscuit	13,45
07053	Pate, chicken liver, canned	13,45
01259	Cheese spread, American or Cheddar cheese base, reduced fat	13,41
15074	Fish, sablefish, raw	13,41
03021	Babyfood, meat, meat sticks, junior	13,40
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	13,40
16513	WORTHINGTON FriChik Original, canned, unprepared	13,40
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	13,39
21022	Fast foods, english muffin, with egg, cheese, and sausage	13,38
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	13,37
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	13,36
28397	Bread, multi-grain (includes whole-grain)	13,36
18079	Bread crumbs, dry, grated, plain	13,35
20060	Rice bran, crude	13,35
20126	Spaghetti, spinach, dry	13,35
05015	Chicken, broilers or fryers, skin only, raw	13,33
07974	Bacon, turkey, low sodium	13,33
18055	Bread, reduced-calorie, wheat	13,32
16138	Falafel, home-prepared	13,31
18603	GEORGE WESTON BAKERIES, Brownberry Sage and Onion Stuffing Mix, dry	13,30
20142	Teff, uncooked	13,30
21108	Fast foods, hamburger; single, regular patty; with condiments	13,30
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	13,30
21487	Fast foods, taco with chicken, lettuce and cheese, soft	13,30
28251	SUNSHINE, CHEEZ-IT, 100 Calorie Right Bites, Reduced Fat	13,30
28281	SUNSHINE, CHEEZ-IT, Reduced Fat Crackers	13,30
05304	Turkey, mechanically deboned, from turkey frames, raw	13,29
07077	Smoked link sausage, pork and beef, nonfat dry milk added	13,28
21020	Fast foods, english muffin, with cheese and sausage	13,28
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	13,26
20008	Buckwheat	13,25
16275	Vitasoy USA Organic Nasoya Sprouted, Tofu Plus Super Firm	13,24
36018	APPLEBEE'S, fish, hand battered	13,23
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	13,22

NDB_No	Description	Protein(g) Value Per
20080	Wheat flour, whole-grain	13,21
03181	Babyfood, cereal, barley, dry fortified	13,20
16561	MORNINGSTAR FARMS Corn Dog Mini, frozen, unprepared	13,20
18383	Bread, protein, (includes gluten), toasted	13,20
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	13,20
22972	Pulled pork in barbecue sauce	13,19
35237	Tamales, masa and pork filling (Hopi)	13,19
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	13,19
20070	Triticale flour, whole-grain	13,18
25062	Snack, Mixed Berry Bar	13,16
28316	Bread, wheat, sprouted	13,16
08120	Cereals, oats, regular and quick, not fortified, dry	13,15
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	13,14
20105	Macaroni, vegetable, enriched, dry	13,14
03005	Babyfood, meat, veal, strained	13,12
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	13,11
18219	Crackers, matzo, whole-wheat	13,10
19126	Candies, milk chocolate coated peanuts	13,10
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	13,10
43285	Eggs, scrambled, frozen mixture	13,10
07934	Kielbasa, Polish, turkey and beef, smoked	13,10
08142	Cereals, WHEATENA, dry	13,10
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	13,10
11452	Soybeans, mature seeds, sprouted, raw	13,09
07936	Bologna, pork and turkey, lite	13,06
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	13,06
21242	WENDY'S, Jr. Hamburger, with cheese	13,06
20069	Triticale	13,05
01140	Egg, quail, whole, fresh, raw	13,05
20120	Pasta, dry, enriched	13,04
20420	Pasta, dry, unenriched	13,04
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	13,04
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	13,00
06127	Gravy, unspecified type, dry	13,00
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	13,00
18030	Bread, french or vienna, toasted (includes sourdough)	13,00

NDB_No	Description	Protein(g) Value Per
43483	Millet, puffed	13,00
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	12,98
21233	McDONALD'S, Cheeseburger	12,97
18065	Bread, wheat, toasted	12,96
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	12,96
05169	Turkey, skin from whole, (light and dark), raw	12,96
11450	Soybeans, green, raw	12,95
19034	Snacks, popcorn, air-popped	12,94
01115	Whey, sweet, dried	12,93
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	12,93
21228	McDONALD'S, Hamburger	12,92
18222	Crackers, melba toast, wheat	12,90
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	12,90
36618	Restaurant, Chinese, general tso's chicken	12,90
07917	Sausage, pork and beef, with cheddar cheese, smoked	12,89
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	12,86
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	12,85
19130	Candies, HERSHEY'S POT OF GOLD Almond Bar	12,82
01138	Egg, duck, whole, fresh, raw	12,81
07939	Frankfurter, pork	12,81
06142	Sauce, sofrito, prepared from recipe	12,80
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	12,80
16601	MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared	12,80
18299	Pancakes, whole-wheat, dry mix, incomplete	12,80
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	12,80
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	12,80
21501	KASHI Pizza, Margherita, frozen, unprepared	12,80
16112	Miso	12,79
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	12,79
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	12,78
10146	Pork, cured, ham, patties, unheated	12,78
15174	Mollusks, scallop, mixed species, imitation, made from surimi	12,77
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	12,77
20028	Couscous, dry	12,76
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	12,73
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	12,73

NDB_No	Description	Protein(g) Value Per
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	12,72
12130	Nuts, hickorynuts, dried	12,72
18977	KASHI, TLC, Toasted Asiago Crackers	12,70
21500	KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared	12,70
21503	KASHI Pizza, Mediterranean, frozen, unprepared	12,70
07920	Swisswurst, pork and beef, with swiss cheese, smoked	12,69
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	12,69
16160	Tofu, hard, prepared with nigari	12,68
20066	Semolina, enriched	12,68
20466	Semolina, unenriched	12,68
36016	Restaurant, family style, shrimp, breaded and fried	12,67
21358	McDONALD'S, Sausage McMUFFIN	12,66
02023	Spices, marjoram, dried	12,66
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	12,64
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	12,63
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	12,63
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	12,63
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	12,63
10123	Pork, cured, bacon, unprepared	12,62
20011	Buckwheat flour, whole-groat	12,62
21241	WENDY'S, Jr. Hamburger, without cheese	12,62
36605	CRACKER BARREL, country fried shrimp platter	12,62
20072	Wheat, hard red winter	12,61
18567	KRAFT, STOVE TOP Stuffing Mix Chicken Flavor	12,60
25001	Snacks, popcorn, microwave, low fat	12,60
43572	Popcorn, microwave, low fat and sodium	12,60
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	12,60
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	12,60
07068	Salami, cooked, beef	12,60
21359	McDONALD'S, Sausage McMUFFIN with Egg	12,59
21012	Fast foods, croissant, with egg, cheese, and bacon	12,58
01129	Egg, whole, cooked, hard-boiled	12,58
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	12,57
01123	Egg, whole, raw, fresh	12,56
36019	APPLEBEE'S, chili	12,56
36037	Restaurant, family style, chili with meat and beans	12,56

NDB_No	Description	Protein(g) Value Per
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	12,56
17186	Lamb, variety meats and by-products, brain, cooked, braised	12,55
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	12,53
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	12,53
32017	Pasta mix, Italian four cheese lasagna, unprepared	12,53
01131	Egg, whole, cooked, poached	12,51
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	12,50
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	12,50
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	12,50
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	12,50
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	12,50
03997	Babyfood, Baby MUM MUM Rice Biscuits	12,50
07045	Luncheon meat, pork, canned	12,50
07905	Frankfurter, beef, pork, and turkey, fat free	12,50
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	12,50
13344	Beef, cured, breakfast strips, raw or unheated	12,50
18971	Bread, potato	12,50
21499	KASHI Pizza, Roasted Vegetable, frozen, unprepared	12,50
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	12,50
43299	Soybean, curd cheese	12,50
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	12,49
19117	Candies, halavah, plain	12,49
20004	Barley, hulled	12,48
21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	12,47
19151	Candies, REESE'S PIECES Candy	12,46
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	12,46
18075	Bread, whole-wheat, commercially prepared	12,45
21013	Fast foods, croissant, with egg, cheese, and ham	12,45
07968	Kielbasa, fully cooked, grilled	12,45
15028	Fish, flatfish (flounder and sole species), raw	12,41
18215	Crackers, cheese, sandwich-type with peanut butter filling	12,41
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	12,40
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	12,40
16211	Vitasoy USA, Organic Nasoya Super Firm Cubed Tofu	12,40
16535	WORTHINGTON Stripples, frozen, unprepared	12,40
16542	MORNINGSTAR FARMS Breakfast Bacon Strips, frozen, unprepared	12,40

NDB_No	Description	Protein(g) Value Per
01016	Cheese, cottage, lowfat, 1% milkfat	12,39
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	12,39
07911	Liverwurst spread	12,38
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	12,38
28313	Rolls, hamburger or hot dog, whole wheat	12,38
21225	Pizza, cheese topping, rising crust, frozen, cooked	12,37
02013	Spices, coriander seed	12,37
07969	Kielbasa, fully cooked, pan-fried	12,36
11451	Soybeans, green, cooked, boiled, drained, without salt	12,35
11853	Soybeans, green, cooked, boiled, drained, with salt	12,35
11982	Peppers, pasilla, dried	12,35
25046	Snacks, bagel chips, plain	12,34
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	12,33
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	12,33
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	12,33
01171	Egg, whole, raw, frozen, pasteurized	12,33
32009	Pasta mix, classic beef, unprepared	12,32
36001	APPLEBEE'S, Double Crunch Shrimp	12,31
11640	Shallots, freeze-dried	12,30
18218	Crackers, matzo, egg	12,30
20012	Bulgur, dry	12,29
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	12,29
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	12,29
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	12,29
05698	Turkey, skin from whole (light and dark), with added solution, raw	12,29
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	12,26
07025	Frankfurter, turkey	12,23
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	12,23
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	12,23
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	12,23
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	12,20
21525	PIZZA HUT, breadstick, parmesan garlic	12,20
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	12,20
07922	Bratwurst, beef and pork, smoked	12,20
14214	Beverages, coffee, instant, regular, powder	12,20
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	12,19

NDB_No	Description	Protein(g) Value Per
13337	Beef, variety meats and by-products, thymus, raw	12,18
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	12,17
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	12,17
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	12,17
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	12,16
21148	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen	12,14
21259	BURGER KING, Original Chicken Sandwich	12,14
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	12,14
12193	Seeds, sisymbrium sp. seeds, whole, dried	12,14
21006	Fast foods, biscuit with egg and steak	12,12
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	12,12
12588	Nuts, cashew butter, plain, with salt added	12,12
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	12,10
18043	Bread, protein (includes gluten)	12,10
18220	Crackers, melba toast, plain	12,10
18424	Crackers, melba toast, plain, without salt	12,10
19077	Baking chocolate, unsweetened, liquid	12,10
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	12,09
21014	Fast foods, croissant, with egg, cheese, and sausage	12,09
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	12,09
21147	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen	12,08
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	12,08
07061	Mother's loaf, pork	12,07
07916	Sausage, Polish, pork and beef, smoked	12,07
13341	Beef, variety meats and by-products, tripe, raw	12,07
28360	MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free	12,06
15172	Mollusks, scallop, mixed species, raw	12,06
07957	Pork and turkey sausage, pre-cooked	12,05
03002	Babyfood, meat, beef, strained	12,03
03003	Babyfood, meat, beef, junior	12,03
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	12,03
21327	McDONALD'S, Bacon, Egg & Cheese McGRIDDLES	12,03
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	12,02
36401	Restaurant, Latino, chicken and rice, entree, prepared	12,02
08693	Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	12,02
02031	Spices, pepper, red or cayenne	12,01

NDB_No	Description	Protein(g) Value Per
21007	Fast foods, biscuit, with egg, cheese, and bacon	12,01
18080	Bread sticks, plain	12,00
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	12,00
19806	Snacks, popcorn, air-popped (Unsalted)	12,00
42179	Frankfurter, beef, low fat	12,00
43507	Frankfurter, low sodium	12,00
01188	KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce	12,00
03938	Infant formula, PBM PRODUCTS, store brand, powder	12,00
07021	Dutch brand loaf, chicken, pork and beef	12,00
07075	Sausage, smoked link sausage, pork and beef	12,00
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	12,00
07074	Smoked link sausage, pork	11,98
20083	Wheat flour, white, bread, enriched	11,98
20129	Wheat flours, bread, unenriched	11,98
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	11,98
19084	Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES	11,97
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	11,97
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	11,97
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	11,97
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	11,94
21010	Fast foods, biscuit, with crispy chicken fillet	11,93
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	11,93
21522	McDONALD'S, Southern Style Chicken Biscuit	11,93
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	11,92
08122	Cereals, oats, instant, fortified, plain, dry	11,92
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	11,91
11212	Edamame, frozen, prepared	11,91
21505	Pizza, cheese topping, thin crust, frozen, cooked	11,91
15164	Mollusks, mussel, blue, raw	11,90
18242	Croutons, plain	11,90
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	11,87
36617	Restaurant, Chinese, lemon chicken	11,87
11978	Peppers, ancho, dried	11,86
21008	Fast foods, biscuit, with ham	11,85
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	11,85
21119	Fast foods, hotdog, with chili	11,85

NDB_No	Description	Protein(g) Value Per
21237	McDONALD'S, BIG MAC	11,82
21263	TACO BELL, Soft Taco with steak	11,81
03213	Babyfood, cookies	11,80
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	11,80
07051	Olive loaf, pork	11,80
08116	Cereals, MALT-O-MEAL, original, plain, dry	11,80
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	11,80
08452	Cereals, QUAKER, Whole Wheat Natural Cereal, dry	11,80
08567	Cereals ready-to-eat, KASHI 7 Whole Grain Nuggets	11,80
16557	MORNINGSTAR FARMS Chik Patties, frozen, unprepared	11,80
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	11,80
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	11,80
42161	Bologna, beef, low fat	11,80
43297	Pork, oriental style, dehydrated	11,80
25037	Snacks, pita chips, salted	11,79
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	11,77
07940	Macaroni and cheese loaf, chicken, pork and beef	11,76
22902	Pizza, meat topping, thick crust, frozen, cooked	11,76
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	11,74
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	11,74
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	11,74
10128	Pork, cured, breakfast strips, raw or unheated	11,74
01113	Whey, acid, dried	11,73
20009	Buckwheat groats, roasted, dry	11,73
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	11,73
06959	Gravy, instant turkey, dry	11,72
21508	WENDY'S, Crispy Chicken Sandwich	11,72
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	11,72
23640	Beef, variety meats and by-products, tripe, cooked, simmered	11,71
28361	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Cheddar	11,71
43384	Beef, bologna, reduced sodium	11,70
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	11,69
07022	Frankfurter, beef, unheated	11,69
07945	Frankfurter, beef, heated	11,69
16104	Bacon, meatless	11,69
36049	ON THE BORDER, cheese enchilada	11,67

NDB_No	Description	Protein(g) Value Per
13320	Beef, variety meats and by-products, brain, cooked, simmered	11,67
07067	Poultry salad sandwich spread	11,64
10132	Pork, cured, feet, pickled	11,63
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	11,61
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11,60
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	11,60
08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	11,60
14218	Beverages, coffee, instant, decaffeinated, powder	11,60
18221	Crackers, melba toast, rye (includes pumpernickel)	11,60
19154	Candies, sesame crunch	11,60
32008	Pasta mix, classic cheeseburger macaroni, unprepared	11,60
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	11,59
12149	Nuts, pine nuts, pinyon, dried	11,57
07937	Bologna, pork, turkey and beef	11,56
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	11,53
21063	Fast foods, burrito, with beans and beef	11,52
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	11,52
23438	Beef, New Zealand, imported, sweetbread, raw	11,51
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	11,51
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	11,50
42129	Bologna, beef and pork, low fat	11,50
03015	Babyfood, meat, turkey, strained	11,50
03016	Babyfood, meat, turkey, junior	11,50
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	11,49
05139	Duck, domesticated, meat and skin, raw	11,49
17189	Veal, variety meats and by-products, brain, cooked, braised	11,48
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	11,48
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	11,48
32016	Macaroni or noodles with cheese, microwaveable, unprepared	11,48
01161	Cheese substitute, mozzarella	11,47
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	11,47
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	11,47
08352	Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	11,45
02037	Spices, saffron	11,43
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	11,43
07011	Bologna, turkey	11,42

NDB_No	Description	Protein(g) Value Per
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	11,42
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	11,41
17377	Lamb, New Zealand, imported, testes, raw	11,40
18038	Bread, oat bran, toasted	11,40
28236	SUNSHINE, CHEEZ-IT, BIG Crackers	11,40
28280	SUNSHINE, CHEEZ-IT, Original Crackers	11,40
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	11,40
05282	Pate de foie gras, canned (goose liver pate), smoked	11,40
07054	Pate, goose liver, smoked, canned	11,40
16551	MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	11,40
16590	MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared	11,40
01037	Cheese, ricotta, part skim milk	11,39
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	11,39
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	11,39
08569	Cereals, KASHI HEART TO HEART, Instant Oatmeal, golden brown maple, dry	11,39
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	11,39
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	11,38
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	11,37
07241	OSCAR MAYER, Wieners (beef franks)	11,35
20116	Noodles, japanese, somen, dry	11,35
18949	Crackers, whole-wheat, reduced fat	11,34
19238	Candies, REESE'S BITES	11,34
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	11,34
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	11,34
21003	Fast foods, biscuit, with egg and bacon	11,33
07959	Bologna, chicken, pork, beef	11,33
17358	Lamb, New Zealand, imported, brains, raw	11,33
23296	Beef, Australian, imported, grass-fed, external fat, raw	11,32
08691	Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	11,31
20074	Wheat, hard white	11,31
20093	Pasta, fresh-refrigerated, plain, as purchased	11,31
36403	Restaurant, Latino, empanadas, beef, prepared	11,31
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	11,30
03008	Babyfood, meat, ham, strained	11,30
03009	Babyfood, meat, ham, junior	11,30
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	11,30

NDB_No	Description	Protein(g) Value Per
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	11,30
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	11,28
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	11,28
36042	OLIVE GARDEN, lasagna classico	11,28
06120	Gravy, chicken, dry	11,27
21362	McDONALD'S, Sausage Biscuit with Egg	11,27
20095	Pasta, fresh-refrigerated, spinach, as purchased	11,26
21106	Fast foods, fish sandwich, with tartar sauce and cheese	11,26
21232	McDONALD'S, FILET-O-FISH	11,26
01036	Cheese, ricotta, whole milk	11,26
08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	11,26
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	11,25
28306	Bread, chapati or roti, plain, commercially prepared	11,25
28345	Crackers, gluten-free, multi-seeded and multigrain	11,25
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	11,24
36050	Restaurant, Mexican, cheese enchilada	11,24
07058	Pickle and pimiento loaf, pork	11,23
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	11,23
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	11,23
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	11,22
11211	Edamame, frozen, unprepared	11,22
07942	Pate, truffle flavor	11,20
08144	Cereals, whole wheat hot natural cereal, dry	11,20
16560	MORNINGSTAR FARMS Corn Dog, frozen, unprepared	11,20
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	11,20
43218	Cereals ready-to-eat, ALPEN	11,20
21253	BURGER KING, WHOPPER, with cheese	11,19
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	11,16
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	11,14
21005	Fast Foods, biscuit, with egg and sausage	11,13
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	11,13
01012	Cheese, cottage, creamed, large or small curd	11,12
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	11,11
07038	Knackwurst, knockwurst, pork, beef	11,10
08568	Cereals, KASHI HEART TO HEART, Instant Oatmeal, Apple Cinnamon, dry	11,10
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	11,10

NDB_No	Description	Protein(g) Value Per
21340	McDONALD'S, Sausage Burrito	11,10
21513	KASHI Pizza, Greek Tzatziki, single serve, frozen, unprepared	11,10
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	11,10
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	11,10
21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	11,08
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	11,08
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	11,08
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	11,06
07201	OSCAR MAYER, Bologna (beef)	11,05
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	11,03
20031	Millet, raw	11,02
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	11,02
15027	Fish, fish sticks, frozen, prepared	11,01
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	11,00
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	11,00
08539	Cereals ready-to-eat, KASHI ORGANIC PROMISE, CINNAMON HARVEST	11,00
17375	Lamb, New Zealand, imported, sweetbread, raw	11,00
18081	Bread stuffing, bread, dry mix	11,00
19433	Tortilla chips, low fat, baked without fat	11,00
19833	Snacks, tortilla chips, low fat, unsalted	11,00
28020	KASHI, TLC, Pita Crisps, Zesty Salsa	11,00
28241	SUNSHINE, GRIPZ, Cheez-It Crackers	11,00
03189	Babyfood, cereal, oatmeal, dry fortified	10,99
01255	Egg, whole, raw, frozen, salted, pasteurized	10,97
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	10,94
18214	Crackers, cheese, regular	10,93
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	10,93
16281	HOUSE FOODS Premium Firm Tofu	10,92
07007	Bologna, beef	10,91
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	10,91
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	10,91
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	10,91
18295	Pancakes, buckwheat, dry mix, incomplete	10,90
19418	Snacks, sesame sticks, wheat-based, salted	10,90
19820	Snacks, sesame sticks, wheat-based, unsalted	10,90
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	10,90

NDB_No	Description	Protein(g) Value Per
28191	KELLOGG'S, SPECIAL K, Savory Herb Crackers	10,90
28252	SUNSHINE, CHEEZ-IT, Scrabble Jr. Crackers	10,90
32010	Pasta mix, Italian lasagna, unprepared	10,90
43273	Cheese, cottage, with vegetables	10,90
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	10,90
01124	Egg, white, raw, fresh	10,90
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	10,90
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	10,90
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	10,89
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	10,89
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	10,89
20064	Rye flour, medium	10,88
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	10,86
13318	Beef, variety meats and by-products, brain, raw	10,86
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	10,85
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	10,85
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	10,85
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	10,84
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	10,84
32000	Rice and vermicelli mix, beef flavor, unprepared	10,84
07970	Kielbasa, fully cooked, unheated	10,84
36041	Restaurant, Italian, lasagna with meat	10,83
02076	Seasoning mix, dry, chili, original	10,82
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	10,81
03215	Babyfood, pretzels	10,80
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	10,80
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	10,80
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	10,80
12145	Nuts, pilinuts, dried	10,80
18243	Croutons, seasoned	10,80
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	10,80
28016	KELLOGG'S, EGGO Protein, Waffles, Homestyle	10,80
28242	SUNSHINE, GRIPZ, Cheez-It Mixx and Cheesy Pizza Crackers	10,80
28256	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type	10,80
28265	KEEBLER, Cheese & Peanut Butter Sandwich Crackers	10,80
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	10,80

NDB_No	Description	Protein(g) Value Per
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	10,80
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	10,80
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	10,80
43441	Rolls, pumpernickel	10,80
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	10,77
21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	10,77
02006	Spices, cardamom	10,76
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	10,76
18029	Bread, french or vienna (includes sourdough)	10,75
20647	Millet flour	10,75
21252	BURGER KING, WHOPPER, no cheese	10,74
06118	Gravy, brown, dry	10,74
08450	Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	10,73
25000	Snacks, popcorn, microwave, 94% fat free	10,72
07979	Sausage, pork, turkey, and beef, reduced sodium	10,71
08074	Cereals ready-to-eat, RALSTON TASTEEOS	10,71
18007	Bagels, oat bran	10,70
18385	Bread, wheat germ, toasted	10,70
21516	KASHI Pizza, Mushroom and Spinach, single serve, frozen, unprepared	10,70
28245	SUNSHINE, CHEEZ-IT, Crackers (made with Whole Grain)	10,70
03186	Babyfood, cereal, mixed, with bananas, dry	10,70
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	10,70
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	10,70
16610	MORNINGSTAR FARMS Roasted Garlic & Quinoa Burger, frozen, unprepared	10,70
01013	Cheese, cottage, creamed, with fruit	10,69
20075	Wheat, soft white	10,69
07964	Frankfurter, meat and poultry, cooked, grilled	10,67
18064	Bread, wheat	10,67
18967	Bread, white wheat	10,66
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	10,66
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	10,66
28288	Bread, roll, Mexican, bollilo	10,65
13020	Beef, retail cuts, separable fat, cooked	10,65
21004	Fast foods, biscuit, with egg and ham	10,64
22998	Rice and vermicelli mix, chicken flavor, unprepared	10,64
02038	Spices, sage, ground	10,63

NDB_No	Description	Protein(g) Value Per
16136	Winged beans, mature seeds, cooked, boiled, without salt	10,62
16436	Winged beans, mature seeds, cooked, boiled, with salt	10,62
20067	Sorghum grain	10,62
32018	Spanish rice mix, dry mix, unprepared	10,62
08106	Cereals, CREAM OF WHEAT, instant, dry	10,60
08172	Cereals, farina, unenriched, dry	10,60
08177	Cereals, MALT-O-MEAL, chocolate, dry	10,60
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	10,60
18003	Bagels, egg	10,60
18006	Bagels, cinnamon-raisin, toasted	10,60
18175	Cookies, ladyfingers, with lemon juice and rind	10,60
18423	Cookies, ladyfingers, without lemon juice and rind	10,60
18979	KASHI, H2H Woven Wheat Cracker, Original	10,60
21118	Fast foods, hotdog, plain	10,60
21515	MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve, frozen, unprepared	10,60
28110	KEEBLER, Toast & Peanut Butter Sandwich Crackers	10,60
28257	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type	10,60
11962	Peppers, hot chile, sun-dried	10,58
18235	Crackers, whole-wheat	10,58
01130	Egg, whole, cooked, omelet	10,57
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	10,56
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	10,55
28324	Pancakes, whole wheat, dry mix, incomplete	10,53
32029	Rice mix, white and wild, flavored, unprepared	10,53
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	10,52
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	10,52
16124	Soy sauce made from soy (tamari)	10,51
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	10,50
07083	Sausage, Vienna, canned, chicken, beef, pork	10,50
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10,50
18028	Bread, egg, toasted	10,50
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	10,50
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	10,50
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	10,50
18457	Crackers, saltines, fat-free, low-sodium	10,50
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	10,50

NDB_No	Description	Protein(g) Value Per
19021	Snacks, granola bars, soft, uncoated, peanut butter	10,50
20130	Barley flour or meal	10,50
28017	KASHI, TLC, Pita Crisps, Sea Salt	10,50
22963	Lean Pockets, Meatballs & Mozzarella	10,49
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	10,48
36043	CARRABBA'S ITALIAN GRILL, lasagne	10,48
01015	Cheese, cottage, lowfat, 2% milkfat	10,45
22954	Egg rolls, chicken, refrigerated, heated	10,44
21355	McDONALD'S, McCHICKEN Sandwich	10,43
18972	Bread, cheese	10,42
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	10,42
06126	Gravy, turkey, dry	10,42
02026	Spices, onion powder	10,41
02032	Spices, pepper, white	10,40
16510	WORTHINGTON Chili, canned, unprepared	10,40
17185	Lamb, variety meats and by-products, brain, raw	10,40
18037	Bread, oat bran	10,40
18339	Popovers, dry mix, enriched	10,40
18447	Popovers, dry mix, unenriched	10,40
02030	Spices, pepper, black	10,39
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	10,39
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	10,39
21149	School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen	10,39
21224	Pizza, cheese topping, regular crust, frozen, cooked	10,36
20073	Wheat, soft red winter	10,35
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	10,35
12128	Nuts, ginkgo nuts, dried	10,35
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	10,34
07971	Bologna, meat and poultry	10,34
20062	Rye grain	10,34
28301	Cookies, peanut butter, commercially prepared, sugar free	10,34
01164	Cheese sauce, prepared from recipe	10,33
20081	Wheat flour, white, all-purpose, enriched, bleached	10,33
20118	Noodles, flat, crunchy, Chinese restaurant	10,33
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	10,33
20481	Wheat flour, white, all-purpose, unenriched	10,33

NDB_No	Description	Protein(g) Value Per
20581	Wheat flour, white, all-purpose, enriched, unbleached	10,33
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	10,33
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	10,32
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	10,32
17188	Veal, variety meats and by-products, brain, raw	10,32
07960	Bologna, chicken, pork	10,31
07963	Frankfurter, meat and poultry, cooked, boiled	10,31
18346	Rolls, dinner, rye	10,30
21105	Fast foods, fish sandwich, with tartar sauce	10,29
21258	BURGER KING, Premium Fish Sandwich	10,29
08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	10,29
20131	Barley malt flour	10,28
21376	McDONALD'S, Bacon Ranch Salad with Grilled Chicken	10,28
22962	LEAN POCKETS, Ham N Cheddar	10,28
10096	Pork, fresh, variety meats and by-products, brain, raw	10,28
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	10,27
07950	Frankfurter, meat	10,26
19150	Candies, REESE'S Peanut Butter Cups	10,24
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	10,24
06983	Soup, ramen noodle, chicken flavor, dry	10,22
19143	Candies, MR. GOODBAR Chocolate Bar	10,22
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	10,21
01172	Egg, white, raw, frozen, pasteurized	10,20
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	10,20
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	10,20
16517	WORTHINGTON Prime Stakes, canned, unprepared	10,20
18968	Bagels, wheat	10,20
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	10,20
21514	KASHI Pizza, Tikka Masala, single serve, frozen, unprepared	10,20
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	10,20
01256	Yogurt, Greek, plain, nonfat	10,19
16273	Vitasoy USA Organic Nasoya, Tofu Plus Extra Firm	10,18
06583	Soup, ramen noodle, any flavor, dry	10,17
08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	10,16
21341	McDONALD'S, BIG BREAKFAST	10,16
28331	Crackers, flavored, fish-shaped	10,16

NDB_No	Description	Protein(g) Value Per
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	10,16
03217	Zwieback	10,10
08692	Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	10,10
16212	Vitasoy USA, Organic Nasoya Extra Firm Tofu	10,10
18434	Crackers, cheese, low sodium	10,10
19015	Snacks, granola bars, hard, plain	10,10
36621	Restaurant, Chinese, sweet and sour chicken	10,10
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	10,08
21011	Fast foods, croissant, with egg and cheese	10,07
16276	Vitasoy USA Azumaya, Extra Firm Tofu	10,07
06982	Soup, ramen noodle, beef flavor, dry	10,06
10000	Pork, fresh, composite of separable fat, with added solution, cooked	10,06
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	10,06
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	10,06
19047	Snacks, pretzels, hard, plain, salted	10,04
28348	Rolls, dinner, sweet	10,04
18084	Bread stuffing, cornbread, dry mix	10,00
18201	Cookies, peanut butter sandwich, special dietary	10,00
18217	Crackers, matzo, plain	10,00
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	10,00
18400	Crackers, matzo, egg and onion	10,00
18965	Crackers, cheese, reduced fat	10,00
19858	Candies, sugar-coated almonds	10,00
28350	Cookies, chocolate cream covered biscuit sticks	10,00
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	10,00
01226	Egg substitute, liquid or frozen, fat free	10,00
06122	Gravy, mushroom, dry, powder	10,00
08002	Cereals ready-to-eat, POST, ALPHA-BITS	10,00
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	10,00
01132	Egg, whole, cooked, scrambled	9,99
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	9,98
16159	Tofu, extra firm, prepared with nigari	9,98
01287	Yogurt, Greek, plain, lowfat	9,95
22953	Egg rolls, pork, refrigerated, heated	9,94
08096	Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	9,93
17154	Veal, Australian, separable fat, raw	9,91

NDB_No	Description	Protein(g) Value Per
20005	Barley, pearled, raw	9,91
08029	Cereals ready-to-eat, POST Bran Flakes	9,90
18261	English muffins, mixed-grain, toasted (includes granola)	9,90
18353	Rolls, hard (includes kaiser)	9,90
28322	Bagels, multigrain	9,90
20082	Wheat flour, white, all-purpose, self-rising, enriched	9,89
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	9,89
07952	Bologna, chicken, turkey, pork	9,88
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	9,85
21266	TACO BELL, BURRITO SUPREME with chicken	9,84
06626	Sauce, pesto, ready-to-serve, refrigerated	9,83
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	9,83
08444	Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry	9,83
20065	Rye flour, light	9,82
08689	Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	9,81
06958	Gravy, instant beef, dry	9,80
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	9,80
11048	Beans, pinto, immature seeds, frozen, unprepared	9,80
18005	Bagels, cinnamon-raisin	9,80
18042	Bread, pita, whole-wheat	9,80
18233	Crackers, wheat, sandwich, with cheese filling	9,80
18368	Wonton wrappers (includes egg roll wrappers)	9,80
18976	KASHI, TLC, Country Cheddar Crackers	9,80
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	9,80
19420	Snacks, granola bars, hard, peanut butter	9,80
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	9,80
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	9,80
07949	Frankfurter, meat, heated	9,77
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	9,77
18350	Rolls, hamburger or hotdog, plain	9,77
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	9,77
21158	Fast foods, submarine sandwich, meatball marinara on white bread	9,77
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	9,76
22945	SUPPER BAKES MEAL KITS, Garlic Chicken with pasta (chicken not included)	9,76
28295	Tortillas, ready-to-bake or -fry, whole wheat	9,76
36619	Restaurant, Chinese, kung pao chicken	9,76

NDB_No	Description	Protein(g) Value Per
16050	Beans, white, mature seeds, cooked, boiled, without salt	9,73
16350	Beans, white, mature seeds, cooked, boiled, with salt	9,73
07962	Frankfurter, meat and poultry, unheated	9,72
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	9,72
18384	Bread, rice bran, toasted	9,70
18988	AUSTIN, Peanut Butter on Cheese Crackers, sandwich-type, reduced fat	9,70
19036	Snacks, popcorn, cakes	9,70
19105	Candies, NESTLE, GOOBERS Chocolate Covered Peanuts	9,70
28239	SUNSHINE, CHEEZ-IT, Duoz Sharp Cheddar Parmesan Crackers	9,70
28249	SUNSHINE, CHEEZ-IT, White Cheddar, Reduced Fat Crackers	9,70
02043	Spices, turmeric, ground	9,68
21009	Fast foods, biscuit, with sausage	9,67
28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	9,67
20086	Wheat flour, white, tortilla mix, enriched	9,66
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	9,66
01021	Cheese, gjetost	9,65
19437	Snacks, potato chips, fat free, salted	9,64
21361	McDONALD'S, Sausage Biscuit	9,62
28303	Crackers, cheese, whole grain	9,62
28307	Bread, naan, plain, commercially prepared, refrigerated	9,62
18226	Crackers, rye, wafers, plain	9,60
18267	English muffins, whole-wheat, toasted	9,60
18351	Rolls, hamburger or hotdog, mixed-grain	9,60
21120	Fast foods, hotdog, with corn flour coating (corndog)	9,60
42139	Granola bar, soft, milk chocolate coated, peanut butter	9,60
16616	MORNINGSTAR FARMS Garden Veggie Nuggets, frozen, unprepared	9,60
02034	Spices, poultry seasoning	9,59
05674	Chicken, skin (drumsticks and thighs), raw	9,58
11268	Mushrooms, shiitake, dried	9,58
23297	Beef, Australian, imported, grass-fed, seam fat, raw	9,58
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	9,57
28362	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza	9,56
28238	SUNSHINE, CHEEZ-IT, Colby Crackers	9,55
32032	Sausage, egg and cheese breakfast biscuit	9,54
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	9,53
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	9,53

NDB_No	Description	Protein(g) Value Per
19910	Candies, crispy bar with peanut butter filling	9,53
20650	Sorghum flour, refined, unenriched	9,53
19897	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Covered Almonds	9,51
18027	Bread, egg	9,50
18045	Bread, pumpernickel, toasted	9,50
18050	Bread, reduced-calorie, oat bran, toasted	9,50
18344	Rolls, dinner, egg	9,50
18345	Rolls, dinner, oat bran	9,50
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	9,50
18989	AUSTIN, Peanut Butter on Toasty Crackers, sandwich-type, reduced fat	9,50
28225	MURRAY, SUGAR FREE, Peanut Butter Cookies	9,50
28237	SUNSHINE, CHEEZ-IT, Cheddar Jack Crackers	9,50
43031	Candies, chocolate covered, caramel with nuts	9,50
43241	Cereals ready-to-eat, FAMILIA	9,50
12143	Nuts, pecans, dry roasted, without salt added	9,50
12643	Nuts, pecans, dry roasted, with salt added	9,50
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	9,49
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	9,49
18228	Crackers, saltines (includes oyster, soda, soup)	9,46
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	9,45
15171	Mollusks, oyster, Pacific, raw	9,45
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	9,42
17285	Lamb, Australian, imported, fresh, separable fat, cooked	9,42
18955	Bread, pan dulce, sweet yeast bread	9,42
20014	Corn grain, yellow	9,42
20314	Corn grain, white	9,42
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	9,42
07978	Pork sausage, reduced sodium, cooked	9,41
18061	Bread, rye, toasted	9,40
18265	English muffins, wheat, toasted	9,40
32007	Taquitos, frozen, beef and cheese, oven-heated	9,40
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	9,40
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	9,40
08463	Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS	9,40
11222	Drumstick leaves, raw	9,40
17270	Veal, breast, separable fat, cooked	9,40

NDB_No	Description	Protein(g) Value Per
08683	Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares	9,39
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	9,38
10005	Pork, fresh, belly, raw	9,34
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	9,34
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	9,34
18950	Crackers, wheat, reduced fat	9,34
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	9,33
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	9,32
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	9,31
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	9,31
14222	Beverages, coffee, instant, with chicory	9,30
16603	MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Cheese, frozen, unprepared	9,30
18230	Crackers, standard snack-type, sandwich, with cheese filling	9,30
18236	Cracker meal	9,30
19040	Snacks, popcorn, cheese-flavor	9,30
28319	Bagels, whole grain white	9,30
28321	Rolls, hamburger, whole grain white, calcium-fortified	9,30
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	9,29
10942	Pork, fresh, composite of separable fat, with added solution, raw	9,27
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	9,25
10006	Pork, fresh, separable fat, raw	9,25
11988	Fungi, Cloud ears, dried	9,25
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	9,25
21486	Fast foods, taco with beef, cheese and lettuce, soft	9,25
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	9,21
32006	Taquitos, frozen, chicken and cheese, oven-heated	9,21
18040	Bread, oatmeal, toasted	9,20
18078	Bread, whole-wheat, prepared from recipe, toasted	9,20
18225	Crackers, rye, sandwich-type with cheese filling	9,20
18241	Croissants, cheese	9,20
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	9,20
06115	Gravy, au jus, dry	9,20
06969	Potato soup, instant, dry mix	9,20
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	9,20
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	9,20
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	9,20

NDB_No	Description	Protein(g) Value Per
12144	Nuts, pecans, oil roasted, without salt added	9,20
12644	Nuts, pecans, oil roasted, with salt added	9,20
16618	MORNINGSTAR FARMS Spicy Indian Veggie Burger, frozen, unprepared	9,20
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	9,19
08695	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, little bites	9,19
16274	Vitasoy USA Organic Nasoya, Tofu Plus Firm	9,19
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	9,18
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	9,17
12142	Nuts, pecans	9,17
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	9,16
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	9,16
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	9,16
01031	Cheese, neufchatel	9,15
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	9,14
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	9,14
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	9,13
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	9,13
21267	TACO BELL, BURRITO SUPREME with steak	9,13
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	9,12
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	9,12
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	9,12
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	9,12
02042	Spices, thyme, dried	9,11
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	9,11
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	9,10
08708	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Touch of Fruit in the Middle, raisin	9,10
18041	Bread, pita, white, enriched	9,10
18053	Bread, reduced-calorie, rye	9,10
18188	Cookies, peanut butter, refrigerated dough, baked	9,10
18260	English muffins, mixed-grain (includes granola)	9,10
18413	Bread, pita, white, unenriched	9,10
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	9,10
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	9,10
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	9,10
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	9,09
08546	Rice and Wheat cereal bar	9,09

NDB_No	Description	Protein(g) Value Per
14063	Beverages, chocolate powder, no sugar added	9,09
16277	Vitasoy USA Azumaya, Firm Tofu	9,08
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	9,07
15030	Fish, gefiltefish, commercial, sweet recipe	9,07
35234	Piki bread, made from blue cornmeal (Hopi)	9,06
16041	Beans, pink, mature seeds, cooked, boiled, without salt	9,06
16341	Beans, pink, mature seeds, cooked, boiled, with salt	9,06
16424	Soy sauce made from soy and wheat (shoyu), low sodium	9,05
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	9,04
16070	Lentils, mature seeds, cooked, boiled, without salt	9,02
16370	Lentils, mature seeds, cooked, boiled, with salt	9,02
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	9,01
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	9,01
18070	Bread, white, commercially prepared, toasted	9,00
18189	Cookies, peanut butter, prepared from recipe	9,00
18227	Crackers, rye, wafers, seasoned	9,00
18237	Cream puff shell, prepared from recipe	9,00
18432	Bread, white, commercially prepared, toasted, low sodium no salt	9,00
18541	ARCHWAY Home Style Cookies, Peanut Butter	9,00
19052	Snacks, rice cakes, brown rice, buckwheat	9,00
19132	Candies, milk chocolate, with almonds	9,00
19401	Snacks, cornnuts, barbecue-flavor	9,00
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	9,00
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9,00
28190	KELLOGG'S, SPECIAL K, Multigrain Crackers	9,00
28240	SUNSHINE, CHEEZ-IT, DuoZ Smoked Cheddar Monterey Jack Crackers	9,00
28253	SUNSHINE, CHEEZ-IT, Snack Mix	9,00
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	9,00
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	9,00
02027	Spices, oregano, dried	9,00
06123	Gravy, onion, dry, mix	9,00
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	9,00
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	9,00
12071	Nuts, almond paste	9,00
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	9,00
36056	Restaurant, Mexican, cheese tamales	8,99

NDB_No	Description	Protein(g) Value Per
02021	Spices, ginger, ground	8,98
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	8,98
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	8,98
08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	8,97
16046	Beans, small white, mature seeds, cooked, boiled, without salt	8,97
16346	Beans, small white, mature seeds, cooked, boiled, with salt	8,97
11248	Lentils, sprouted, raw	8,96
11284	Onions, dehydrated flakes	8,95
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	8,93
16132	Tofu, salted and fermented (fuyu)	8,92
18185	Cookies, peanut butter, commercially prepared, regular	8,92
18927	Crackers, cheese, sandwich-type with cheese filling	8,92
36622	Restaurant, Chinese, sweet and sour pork	8,91
18059	Bread, rice bran	8,90
18297	Pancakes, special dietary, dry mix	8,90
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	8,90
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	8,90
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	8,90
11384	Potatoes, au gratin, dry mix, unprepared	8,90
16213	Vitasoy USA, Organic Nasoya Firm Tofu	8,90
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	8,87
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	8,87
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	8,87
16015	Beans, black, mature seeds, cooked, boiled, without salt	8,86
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	8,86
16315	Beans, black, mature seeds, cooked, boiled, with salt	8,86
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	8,86
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	8,86
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	8,86
21260	TACO BELL, Original Taco with beef, cheese and lettuce	8,86
18069	Bread, white, commercially prepared (includes soft bread crumbs)	8,85
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	8,85
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	8,83
21377	McDONALD'S Bacon Ranch Salad with Crispy Chicken	8,82
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	8,82
08489	Cereals, MALT-O-MEAL, Maple & Brown Sugar Hot Wheat Cereal, dry	8,82

NDB_No	Description	Protein(g) Value Per
18958	Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour	8,81
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	8,81
18033	Bread, italian	8,80
18066	Bread, wheat bran	8,80
18190	Cookies, peanut butter sandwich, regular	8,80
18266	English muffins, whole-wheat	8,80
18429	Crackers, whole-wheat, low salt	8,80
18995	KELLOGG'S, EGGO, Biscuit Scramblers, Bacon, Egg & Cheese	8,80
18996	KELLOGG'S, EGGO, Biscuit Scramblers, Egg & Cheese	8,80
28248	SUNSHINE, CHEEZ-IT, Pepper Jack Crackers	8,80
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	8,80
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	8,80
08314	Cereals, QUAKER, hominy grits, white, quick, dry	8,80
08316	Cereals, QUAKER, hominy grits, white, regular, dry	8,80
08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	8,80
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	8,80
11316	Peas, mature seeds, sprouted, raw	8,80
08688	Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	8,79
06124	Gravy, pork, dry, powder	8,78
19098	Candies, 5TH AVENUE Candy Bar	8,78
18973	Focaccia, Italian flatbread, plain	8,77
32024	Rice mix, cheese flavor, dry mix, unprepared	8,77
10894	Pork, cured, ham, separable fat, boneless, heated	8,77
15168	Mollusks, oyster, eastern, cooked, breaded and fried	8,77
16271	Vitasoy USA Organic Nasoya, Soft Tofu	8,76
20315	Corn flour, whole-grain, blue (harina de maiz morado)	8,75
22908	Beef, corned beef hash, with potato, canned	8,73
22928	Burrito, beef and bean, microwaved	8,73
32012	Pizza rolls, frozen, unprepared	8,73
35144	Stew, dumpling with mutton (Navajo)	8,71
18025	Bread, cracked-wheat	8,70
18044	Bread, pumpernickel	8,70
18057	Bread, reduced-calorie, white	8,70
18264	English muffins, wheat	8,70
18348	Rolls, dinner, whole-wheat	8,70
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	8,70

NDB_No	Description	Protein(g) Value Per
18616	MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch	8,70
18974	KASHI, TLC, Honey Sesame Crackers	8,70
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	8,70
28234	SUNSHINE, CHEEZ-IT, Asiago Crackers	8,70
42285	Babyfood, cereal, brown rice, dry, instant	8,70
43566	Snacks, tortilla chips, light (baked with less oil)	8,70
03212	Babyfood, cereal, rice, with bananas, dry	8,70
03682	Babyfood, cereal, high protein, prepared with whole milk	8,70
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	8,70
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	8,70
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	8,70
08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	8,69
08697	Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD	8,69
07031	Ham salad spread	8,68
25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	8,68
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	8,67
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	8,67
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	8,67
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	8,67
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	8,66
01286	Yogurt, Greek, vanilla, nonfat	8,64
35146	Stew, mutton, corn, squash (Navajo)	8,62
08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	8,62
12005	Seeds, breadnut tree seeds, dried	8,62
36414	Restaurant, Latino, tripe soup	8,61
06738	Soup, split pea with ham and bacon, canned, condensed, single brand	8,60
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	8,60
08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	8,60
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	8,60
08706	Cereals ready-to-eat, KELLOGG SCOOPY-DOO! cereal	8,60
18048	Bread, raisin, enriched, toasted	8,60
18347	Rolls, dinner, wheat	8,60
18349	Rolls, french	8,60
18428	Crackers, wheat, low salt	8,60
25038	Snacks, granola bars, soft, almond, confectioners coating	8,60
28160	KELLOGG'S, ALL-BRAN, Garlic and Herb Crackers	8,60

NDB_No	Description	Protein(g) Value Per
28161	KELLOGG'S, ALL-BRAN, Multigrain Crackers	8,60
28235	SUNSHINE, CHEEZ-IT, Baby Swiss Crackers	8,60
28246	SUNSHINE, CHEEZ-IT, Mozzarella Crackers	8,60
28282	SUNSHINE, KRISPY, Soup & Oyster Crackers (large)	8,60
18631	PILLSBURY, Crusty French Loaf, refrigerated dough	8,59
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	8,59
11237	Kanpyo, (dried gourd strips)	8,58
22973	Corn dogs, frozen, prepared	8,57
28254	SUNSHINE, CHEEZ-IT, Snack Mix, White Cheddar	8,55
06957	Gravy, brown instant, dry	8,53
21002	Fast foods, biscuit, with egg	8,53
19093	Candies, SYMPHONY Milk Chocolate Bar	8,51
18060	Bread, rye	8,50
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	8,50
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	8,50
19009	Snacks, KRAFT, CORNNUTS, plain	8,50
19414	Snacks, rice cakes, brown rice, multigrain	8,50
19421	Snacks, potato chips, cheese-flavor	8,50
19434	Cheese puffs and twists, corn based, baked, low fat	8,50
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	8,50
23436	Beef, New Zealand, imported, subcutaneous fat, raw	8,50
28247	SUNSHINE, CHEEZ-IT, Parmesan Garlic Crackers	8,50
28250	SUNSHINE, CHEEZ-IT, 100 Calorie RIGHT BITES, Extra Cheesy Party Mix	8,50
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	8,50
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	8,50
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	8,50
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	8,50
08631	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate	8,50
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	8,50
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	8,49
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	8,49
11453	Soybeans, mature seeds, sprouted, cooked, steamed	8,47
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	8,47
20017	Corn flour, masa, enriched, white	8,46
20019	Corn flour, masa, unenriched, white	8,46
20317	Corn flour, yellow, masa, enriched	8,46

NDB_No	Description	Protein(g) Value Per
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	8,45
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	8,44
20648	Sorghum flour, whole-grain	8,43
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	8,42
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	8,41
20025	Cornmeal, yellow, self-rising, degermed, enriched	8,41
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	8,41
20325	Cornmeal, white, self-rising, degermed, enriched	8,41
21306	Fast foods, griddle cake sandwich, sausage	8,41
21328	McDONALD'S, Sausage McGRIDDLES	8,41
18039	Bread, oatmeal	8,40
18077	Bread, whole-wheat, prepared from recipe	8,40
18374	Leavening agents, yeast, baker's, compressed	8,40
19413	Snacks, rice cakes, brown rice, corn	8,40
28050	KEEBLER, Club & Cheddar Sandwich Crackers	8,40
28051	KEEBLER, Cheese on Wheat Sandwich Crackers	8,40
28158	KEEBLER, WHEATABLES, Nut Crisp Crackers, Roasted Almond	8,40
28244	SUNSHINE, CHEEZ-IT, Italian Four Cheese Crackers	8,40
28284	KEEBLER, ZESTA, Saltines with Whole Wheat	8,40
03209	Babyfood, crackers, vegetable	8,40
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	8,40
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	8,38
18963	Garlic bread, frozen	8,36
20015	Corn bran, crude	8,36
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	8,34
16086	Peas, split, mature seeds, cooked, boiled, without salt	8,34
16386	Peas, split, mature seeds, cooked, boiled, with salt	8,34
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	8,33
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	8,33
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	8,33
28318	Bread, french or vienna, whole wheat	8,33
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	8,30
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	8,30
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	8,30
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	8,30
08684	Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's	8,30

NDB_No	Description	Protein(g) Value Per
16210	Vitasoy USA, Nasoya Lite Firm Tofu	8,30
18352	Rolls, hamburger or hotdog, reduced-calorie	8,30
28137	KEEBLER, TOASTEDS, Wheat Crackers	8,30
28243	SUNSHINE, CHEEZ-IT, Hot & Spicy Crackers	8,30
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	8,29
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	8,29
12156	Nuts, walnuts, glazed	8,28
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	8,28
20323	Cornmeal, white, self-rising, bolted, plain, enriched	8,28
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	8,28
36601	Restaurant, Chinese, egg rolls, assorted	8,28
33879	Babyfood, finger snacks, GERBER, GRADUATES, LIL CRUNCHIES - MILD CHEDDAR	8,26
01276	Yogurt, Greek, strawberry, DANNON OIKOS	8,25
16038	Beans, navy, mature seeds, cooked, boiled, without salt	8,23
16338	Beans, navy, mature seeds, cooked, boiled, with salt	8,23
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	8,22
19328	Candies, MARS SNACKFOOD US, COCOAVIA Crispy Chocolate Bar	8,21
13019	Beef, retail cuts, separable fat, raw	8,21
16272	Vitasoy USA Nasoya, Lite Silken Tofu	8,21
18187	Cookies, peanut butter, refrigerated dough	8,20
18239	Croissants, butter	8,20
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	8,20
18416	Bread, white, commercially prepared, low sodium, no salt	8,20
19051	Snacks, rice cracker brown rice, plain	8,20
19816	Snacks, rice cakes, brown rice, plain, unsalted	8,20
20084	Wheat flour, white, cake, enriched	8,20
25024	Pretzels, soft, unsalted	8,20
25059	Snacks, brown rice chips	8,20
28283	KEEBLER, ZESTA, Saltines, Original	8,20
43109	Pretzels, soft	8,20
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	8,19
08634	Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH	8,19
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	8,19
08690	Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	8,18
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	8,18
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	8,18

NDB_No	Description	Protein(g) Value Per
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	8,18
36626	Restaurant, Chinese, chicken and vegetables	8,18
01284	Yogurt, Greek, strawberry, lowfat	8,17
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	8,15
19071	Candies, carob, unsweetened	8,15
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	8,14
16123	Soy sauce made from soy and wheat (shoyu)	8,14
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	8,14
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	8,13
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	8,13
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	8,13
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	8,12
08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	8,12
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	8,12
20020	Cornmeal, whole-grain, yellow	8,12
20320	Cornmeal, whole-grain, white	8,12
20113	Noodles, chinese, chow mein	8,11
11683	Carrot, dehydrated	8,10
12059	Nuts, acorns, dried	8,10
18271	Ice cream cones, cake or wafer-type	8,10
19043	Snacks, potato chips, sour-cream-and-onion-flavor	8,10
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	8,10
19416	Snacks, rice cakes, brown rice, rye	8,10
19419	Snacks, corn cakes	8,10
19800	Snacks, corn cakes, very low sodium	8,10
28031	GIRL SCOUTS, Do-si-dos Cookies	8,10
28033	GIRL SCOUTS, Tagalongs Cookies	8,10
28039	KASHI, TLC, Happy Trail Mix Cookies	8,10
28049	KEEBLER, Cheese & Cheddar Sandwich Crackers	8,10
28290	Cookie, with peanut butter filling, chocolate-coated	8,10
16427	Tofu, raw, regular, prepared with calcium sulfate	8,08
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	8,08
18641	INTERSTATE BRANDS CORP, WONDER Hamburger Rolls	8,07
07951	Scrapple, pork	8,06
01285	Yogurt, Greek, strawberry, nonfat	8,05
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	8,04

NDB_No	Description	Protein(g) Value Per
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	8,04
19162	Candies, WHATCHAMACALLIT Candy Bar	8,04
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	8,03
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	8,03
36416	Restaurant, Latino, bunuelos (fried yeast bread)	8,02
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	8,01
18010	Biscuits, plain or buttermilk, dry mix	8,00
18049	Bread, reduced-calorie, oat bran	8,00
18245	Danish pastry, cheese	8,00
18612	MCKEE BAKING, LITTLE DEBBIE NUTTY BARS, Wafers with Peanut Butter, Chocolate Covered	8,00
18639	GEORGE WESTON BAKERIES, Thomas English Muffins	8,00
19406	Snacks, granola bars, soft, uncoated, nut and raisin	8,00
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	8,00
28139	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Cheese	8,00
28149	KEEBLER, TOWN HOUSE, FLATBREAD CRISPS, Sea Salt and Olive Oil Crackers	8,00
43135	Sandwich spread, meatless	8,00
06101	Soup, cream of vegetable, dry, powder	8,00
07900	Turkey, pork, and beef sausage, low fat, smoked	8,00
28340	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and potato starch	7,99
28370	UDI'S, Gluten Free, Classic French Dinner Rolls	7,99
16145	Beans, kidney, red, mature seeds, canned, drained solids	7,98
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	7,96
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	7,96
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	7,95
11973	Beans, fava, in pod, raw	7,92
01095	Milk, canned, condensed, sweetened	7,91
12131	Nuts, macadamia nuts, raw	7,91
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	7,91
18047	Bread, raisin, enriched	7,90
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	7,90
18216	Crackers, crispbread, rye	7,90
18272	Ice cream cones, sugar, rolled-type	7,90
18367	Waffles, plain, prepared from recipe	7,90
18414	Bread, raisin, unenriched	7,90
18983	AUSTIN, Cheddar Cheese on Wheat Crackers, sandwich-type	7,90
18986	AUSTIN, Grilled Cheese on Wafer Crackers, sandwich-type	7,90

NDB_No	Description	Protein(g) Value Per
19063	Snacks, tortilla chips, taco-flavor	7,90
22983	KASHI, Chicken Florentine, Frozen Entree	7,90
23419	Beef, New Zealand, imported, intermuscular fat, cooked	7,90
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	7,90
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	7,90
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	7,90
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	7,90
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Almonds	7,90
11432	Radishes, oriental, dried	7,90
16158	Hummus, commercial	7,90
11658	Spinach souffle	7,89
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	7,87
32028	Turnover, filled with egg, meat and cheese, frozen	7,87
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	7,85
43274	Cheese, cream, low fat	7,85
21059	Fast foods, shrimp, breaded and fried	7,84
36032	DENNY'S, spaghetti and meatballs	7,84
36038	Restaurant, family style, spaghetti and meatballs	7,84
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	7,83
20048	Rice, white, long-grain, precooked or instant, enriched, dry	7,82
06380	CAMPBELL'S Red and White, Split Pea with Ham and Bacon Soup, condensed	7,81
16079	Mothbeans, mature seeds, cooked, boiled, without salt	7,81
16379	Mothbeans, mature seeds, cooked, boiled, with salt	7,81
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	7,81
21364	McDONALD'S, Hotcakes and Sausage	7,81
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	7,80
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	7,80
08610	Cereals ready-to-eat, KASHI Honey Sunshine	7,80
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	7,80
08648	Cereals ready-to-eat, KASHI Simply Maize	7,80
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	7,80
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & almonds	7,80
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	7,80
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	7,80
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	7,80
18292	Pancakes, plain, dry mix, incomplete, prepared	7,80

NDB_No	Description	Protein(g) Value Per
18987	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type, reduced fat	7,80
19172	Gelatin desserts, dry mix	7,80
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	7,80
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	7,80
28258	AUSTIN, Cheddar Cheese on Wafer Crackers, sandwich-type	7,80
19904	Chocolate, dark, 70-85% cacao solids	7,79
43364	Snacks, tortilla chips, unsalted, white corn	7,79
12132	Nuts, macadamia nuts, dry roasted, without salt added	7,79
12632	Nuts, macadamia nuts, dry roasted, with salt added	7,79
11386	Potatoes, scalloped, dry mix, unprepared	7,77
19423	Snacks, potato chips, fat-free, made with olestra	7,74
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	7,73
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	7,73
25010	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Almond Snack Bar	7,72
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	7,72
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	7,70
08647	Cereals ready-to-eat, KASHI INDIGO MORNING	7,70
18071	Bread, white, prepared from recipe, made with nonfat dry milk	7,70
18269	French toast, prepared from recipe, made with low fat (2%) milk	7,70
18270	Hush puppies, prepared from recipe	7,70
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	7,70
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	7,70
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	7,70
18985	AUSTIN, Chocolatey Peanut Butter Crackers, sandwich-type	7,70
19007	Snacks, corn-based, extruded, onion-flavor	7,70
19016	Snacks, granola bars, hard, almond	7,70
19118	Candies, NESTLE, OH HENRY! Bar	7,70
28041	KASHI, TLC, Oatmeal Raisin Flax Cookies	7,70
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	7,70
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	7,69
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	7,69
06051	Soup, pea, split with ham, canned, condensed	7,68
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	7,67
07073	Sandwich spread, pork, beef	7,66
21023	Fast foods, french toast with butter	7,66
08090	Cereals, corn grits, white, regular and quick, enriched, dry	7,65

NDB_No	Description	Protein(g) Value Per
19120	Candies, milk chocolate	7,65
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	7,64
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	7,64
19134	Candies, milk chocolate, with rice cereal	7,64
28376	VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free	7,63
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	7,63
08685	Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal	7,63
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	7,62
15138	Crustaceans, crab, alaska king, imitation, made from surimi	7,62
02004	Spices, bay leaf	7,61
03214	Babyfood, cookies, arrowroot	7,60
06006	Soup, bean with frankfurters, canned, condensed	7,60
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	7,60
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	7,60
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	7,60
18051	Bread, reduced-calorie, oatmeal	7,60
18223	Crackers, milk	7,60
18990	AUSTIN, PB & J Crackers, sandwich-type	7,60
19022	Snacks, granola bars, soft, uncoated, raisin	7,60
19053	Snacks, rice cakes, brown rice, sesame seed	7,60
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	7,60
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	7,60
28146	KEEBLER, TOWN HOUSE, TOPPERS, Multigrain Crackers	7,60
28147	KEEBLER, TOWN HOUSE, TOPPERS, Original Crackers	7,60
28157	KEEBLER, WHEATABLES, Honey Wheat Crackers	7,60
28159	KEEBLER, WHEATABLES, Nut Crisp Crackers, Toasted Pecan	7,60
08701	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain	7,59
08707	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond	7,59
11039	Lima beans, immature seeds, frozen, baby, unprepared	7,59
19148	Candies, peanut brittle, prepared-from-recipe	7,57
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	7,56
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	7,55
20036	Rice, brown, long-grain, raw	7,54
16084	Mungo beans, mature seeds, cooked, boiled, without salt	7,54
16384	Mungo beans, mature seeds, cooked, boiled, with salt	7,54
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	7,53

NDB_No	Description	Protein(g) Value Per
22911	Chili, no beans, canned entree	7,53
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	7,53
16039	Beans, navy, mature seeds, canned	7,53
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	7,52
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	7,52
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	7,52
20046	Rice, white, long-grain, parboiled, enriched, dry	7,51
20446	Rice, white, long-grain, parboiled, unenriched, dry	7,51
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	7,50
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	7,50
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	7,50
08608	Cereals ready-to-eat, KASHI Berry Blossom	7,50
10895	Pork, cured, ham, separable fat, boneless, unheated	7,50
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7,50
18984	AUSTIN, Cheddar Cheese on Cheese Crackers, sandwich-type	7,50
18994	BEAR NAKED, Fruit & Nut Cookies	7,50
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	7,50
19119	Candies, NESTLE, CHUNKY Bar	7,50
19268	Candies, dark chocolate coated coffee beans	7,50
20040	Rice, brown, medium-grain, raw	7,50
21419	KFC, biscuit	7,50
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7,50
28115	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Fudge Covered Pretzels	7,50
28162	KELLOGG'S, Corn Flakes Crumbs	7,50
12060	Nuts, acorn flour, full fat	7,49
20087	Wheat, sprouted	7,49
06094	Soup, onion, dry, mix	7,48
20091	Pasta, gluten-free, corn, dry	7,46
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	7,44
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	7,42
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	7,41
19279	Candies, milk chocolate coated coffee beans	7,41
08696	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond	7,40
12001	Seeds, breadfruit seeds, raw	7,40
14368	Beverages, tea, instant, lemon, unsweetened	7,40
16163	MORI-NU, Tofu, silken, extra firm	7,40

NDB_No	Description	Protein(g) Value Per
18211	Puff pastry, frozen, ready-to-bake, baked	7,40
18240	Croissants, apple	7,40
18268	French toast, frozen, ready-to-heat	7,40
18280	Muffins, corn, dry mix, prepared	7,40
18427	Crackers, standard snack-type, regular, low salt	7,40
19020	Snacks, granola bars, soft, uncoated, plain	7,40
28104	KEEBLER, GRIPZ, Chocolate Chip Grahams, bite-size	7,40
28105	KEEBLER, GRIPZ, Cinnamon Grahams, bite-size	7,40
28208	MOTHER'S, Peanut Butter Gauchos Cookies	7,40
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	7,40
16026	Beans, great northern, mature seeds, canned	7,37
16326	Beans, great northern, mature seeds, canned, low sodium	7,37
19057	Snacks, tortilla chips, nacho cheese	7,36
21061	Fast foods, burrito, with beans and cheese	7,35
21264	TACO BELL, Bean Burrito	7,35
36412	Restaurant, Latino, tamale, pork	7,35
08092	Cereals, QUAKER, corn grits, instant, plain, dry	7,31
08699	Cereals ready-to-eat, KELLOGG'S KRAVE Smores	7,30
08700	Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed	7,30
18011	Biscuits, plain or buttermilk, dry mix, prepared	7,30
18134	Cake, sponge, prepared from recipe	7,30
18232	Crackers, wheat, regular	7,30
18337	Puff pastry, frozen, ready-to-bake	7,30
19017	Snacks, granola bars, hard, chocolate chip	7,30
28066	KEEBLER, CLUB, Minis Multigrain Crackers	7,30
28101	KEEBLER, Cinnamon Toast Grahams	7,30
28138	KEEBLER, TOWN HOUSE, Bistro Multigrain Crackers	7,30
28268	KEEBLER, Sugar Cones	7,30
36045	ON THE BORDER, refried beans	7,30
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	7,30
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	7,29
28308	Crackers, standard snack-type, with whole wheat	7,29
22977	Lasagna with meat sauce, frozen, prepared	7,28
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	7,28
22917	Burrito, beef and bean, frozen	7,26
16051	Beans, white, mature seeds, canned	7,26

NDB_No	Description	Protein(g) Value Per
22529	Beef Pot Pie, frozen entree, prepared	7,25
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	7,25
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	7,25
18621	NABISCO, NABISCO RITZ Crackers	7,23
20090	Rice flour, brown	7,23
11344	Pigeonpeas, immature seeds, raw	7,20
16579	GARDENBURGER Original, frozen, unprepared	7,20
18448	Taco shells, baked, without added salt	7,20
28040	KASHI, TLC, Oatmeal Dark Chocolate Cookies	7,20
28082	KEEBLER, FUDGE SHOPPE, Peanut Creme Filled Cookies	7,20
28144	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Reduced Fat	7,20
28271	MURRAY, COOKIE JAR CLASSICS, Butter Cookies	7,20
18403	Waffles, plain, frozen, ready -to-heat, toasted	7,19
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	7,19
19058	Snacks, tortilla chips, ranch-flavor	7,19
25036	Snacks, granola bites, mixed flavors	7,17
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	7,17
19306	Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	7,15
18966	Crackers, saltines, whole wheat (includes multi-grain)	7,14
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	7,14
28327	Crackers, water biscuits	7,14
20044	Rice, white, long-grain, regular, raw, enriched	7,13
20444	Rice, white, long-grain, regular, raw, unenriched	7,13
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	7,12
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	7,12
20022	Cornmeal, degermed, enriched, yellow	7,11
20322	Cornmeal, degermed, enriched, white	7,11
20422	Cornmeal, degermed, unenriched, yellow	7,11
20522	Cornmeal, degermed, unenriched, white	7,11
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	7,10
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	7,10
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	7,10
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	7,10
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	7,10
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	7,10
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	7,10

NDB_No	Description	Protein(g) Value Per
18284	Muffins, wheat bran, dry mix	7,10
18338	Phyllo dough	7,10
18355	Sweet rolls, cheese	7,10
18608	KEEBLER, KEEBLER Chocolate Graham SELECTS	7,10
19056	Snacks, tortilla chips, plain, white corn, salted	7,10
19422	Snacks, potato chips, reduced fat	7,10
19823	Potato chips, without salt, reduced fat	7,10
28067	KEEBLER, CLUB, Multigrain Crackers	7,10
28095	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Peanut Butter	7,10
28188	KELLOGG'S, SPECIAL K, Cracker Chips, Sour Cream & Onion	7,10
28211	MURRAY, Chocolatey Chip Thins Cookies	7,10
28212	MURRAY, COOKIE JAR CLASSICS, Coconut Bars Cookies	7,10
28264	KEEBLER, Oatmeal Cookies	7,10
28276	MURRAY, SOUTHERN KITCHEN, Oatmeal Cookies	7,10
28292	Crackers, multigrain	7,10
42204	Rice cake, cracker (include hain mini rice cakes)	7,10
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	7,10
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	7,10
43276	Cheese spread, cream cheese base	7,10
21142	Fast food, biscuit	7,08
36603	Restaurant, Chinese, beef and vegetables	7,08
22918	Burrito, bean and cheese, frozen	7,07
36055	Restaurant, Italian, cheese ravioli with marinara sauce	7,07
18954	Bread, pound cake type, pan de torta salvadoran	7,06
22943	SUPPER BAKES MEAL KITS, Cheesy Chicken with pasta (chicken not included)	7,06
10007	Pork, fresh, separable fat, cooked	7,06
15170	Mollusks, oyster, eastern, canned	7,06
16023	Beans, french, mature seeds, cooked, boiled, without salt	7,05
16323	Beans, french, mature seeds, cooked, boiled, with salt	7,05
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	7,05
25060	Snack, Pretzel, hard chocolate coated	7,05
28315	Bread, cinnamon	7,05
28351	Cookies, Marie biscuit	7,05
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	7,04
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	7,04
06361	CAMPBELL'S Red and White, Green Pea Soup, condensed	7,03

NDB_No	Description	Protein(g) Value Per
21064	Fast foods, burrito, with beans, cheese, and beef	7,03
21265	TACO BELL, BURRITO SUPREME with beef	7,03
21388	Fast foods, miniature cinnamon rolls	7,02
28320	English muffins, whole grain white	7,02
32011	Yellow rice with seasoning, dry packet mix, unprepared	7,02
16081	Mung beans, mature seeds, cooked, boiled, without salt	7,02
16381	Mung beans, mature seeds, cooked, boiled, with salt	7,02
18961	Crackers, cream, GAMESA SABROSAS	7,01
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	7,01
01178	Sour cream, reduced fat	7,00
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	7,00
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	7,00
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	7,00
16125	Soy sauce made from hydrolyzed vegetable protein	7,00
16165	MORI-NU, Tofu, silken, lite extra firm	7,00
18016	Biscuits, plain or buttermilk, prepared from recipe	7,00
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	7,00
18103	Coffeecake, cheese	7,00
18244	Danish pastry, cinnamon, enriched	7,00
18283	Muffins, oat bran	7,00
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	7,00
18430	Danish pastry, cinnamon, unenriched	7,00
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	7,00
19403	Snacks, crisped rice bar, almond	7,00
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	7,00
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	7,00
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	7,00
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	7,00
19811	Snacks, potato chips, plain, unsalted	7,00
22984	KASHI, Chicken Pasta Pomodoro, Frozen Entree	7,00
28123	KEEBLER, 100 Calorie RIGHT BITES, White Fudge Dipped Pretzels	7,00
28229	MURRAY, SUGAR FREE, Shortbread Cookies	7,00
18617	NABISCO, NABISCO GRAHAMS Crackers	6,99
16146	Beans, pinto, canned, drained solids	6,99
32031	Salisbury steak with gravy, frozen	6,98
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	6,97

NDB_No	Description	Protein(g) Value Per
23420	Beef, New Zealand, imported, intermuscular fat, raw	6,97
11595	Winged beans, immature seeds, raw	6,95
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	6,94
20016	Corn flour, whole-grain, yellow	6,93
20316	Corn flour, whole-grain, white	6,93
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	6,92
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	6,92
36418	Restaurant, Mexican, refried beans	6,91
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	6,90
18332	Pie crust, standard-type, dry mix	6,90
19169	Egg custards, dry mix	6,90
28098	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Peanut Butter	6,90
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	6,90
03711	Babyfood, cereal, high protein, with apple and orange, prepared with whole milk	6,90
08453	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry	6,90
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	6,90
08712	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN with cranberries	6,90
11413	Potato flour	6,90
16162	MORI-NU, Tofu, silken, firm	6,90
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	6,89
12108	Nuts, coconut meat, dried (desiccated), not sweetened	6,88
22956	Lasagna, Vegetable, frozen, baked	6,87
19359	Candies, MARS SNACKFOOD US, SNICKERS CRUNCHER	6,86
01225	Dulce de Leche	6,84
11031	Lima beans, immature seeds, raw	6,84
12094	Nuts, chestnuts, chinese, dried	6,82
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	6,81
01153	Milk, canned, evaporated, with added vitamin A	6,81
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	6,81
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	6,81
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	6,81
18956	Keikitos (muffins), Latino bakery item	6,81
20054	Rice, white, glutinous, unenriched, uncooked	6,81
22915	Lasagna with meat & sauce, low-fat, frozen entree	6,81
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	6,80
18377	Cookies, oatmeal, prepared from recipe, without raisins	6,80

NDB_No	Description	Protein(g) Value Per
18390	Pancakes, buttermilk, prepared from recipe	6,80
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	6,80
28064	KEEBLER, CLUB, Dash of Salt Crackers	6,80
28100	KEEBLER, FUDGE SHOPPE, Fudge Sticks, Peanut Butter	6,80
28187	KELLOGG'S, SPECIAL K, Cracker Chips, Sea Salt	6,80
03206	Babyfood, cookie, baby, fruit	6,80
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	6,80
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	6,80
08682	Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter	6,80
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	6,79
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	6,78
36623	Restaurant, Chinese, chicken chow mein	6,76
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	6,76
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	6,76
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	6,75
16008	Beans, baked, canned, with franks	6,75
02039	Spices, savory, ground	6,73
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	6,72
25064	Snacks, potato chips, lightly salted	6,72
18935	Waffle, plain, frozen, ready-to-heat, microwave	6,71
35145	Stew, hominy with mutton (Navajo)	6,71
02022	Spices, mace, ground	6,71
06930	Sauce, cheese, ready-to-serve	6,71
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	6,70
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	6,70
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	6,70
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	6,70
18333	Pie crust, standard-type, dry mix, prepared, baked	6,70
19415	Snacks, potato sticks	6,70
28129	KEEBLER, SANDIES, Pecan Shortbread Cookies, Reduced Fat	6,70
28278	MURRAY, SUGAR FREE, Oatmeal Cookies	6,70
43529	Babyfood, rice and apples, dry	6,70
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	6,69
08025	Cereals ready-to-eat, RALSTON CRISP RICE	6,69
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	6,69
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	6,69

NDB_No	Description	Protein(g) Value Per
21270	TACO BELL, Taco Salad	6,69
35142	Frybread, made with lard (Navajo)	6,69
21083	Fast foods, taco salad	6,68
32005	Macaroni and cheese, box mix with cheese sauce, prepared	6,68
19913	Candies, NESTLE, BUTTERFINGER Crisp	6,67
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	6,67
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	6,67
03190	Babyfood, cereal, oatmeal, with bananas, dry	6,67
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	6,67
14192	Beverages, Cocoa mix, powder	6,67
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	6,66
03185	Babyfood, cereal, mixed, dry fortified	6,66
03194	Babyfood, cereal, Rice, dry, fortified	6,65
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	6,65
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	6,65
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	6,65
18229	Crackers, standard snack-type, regular	6,64
22916	Lasagna with meat & sauce, frozen entree	6,63
18957	Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style	6,62
19110	Candies, KRACKEL Chocolate Bar	6,62
25028	Tortilla chips, yellow, plain, salted	6,62
20050	Rice, white, medium-grain, raw, enriched	6,61
20450	Rice, white, medium-grain, raw, unenriched	6,61
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	6,60
08305	Cereals ready-to-eat, Post, Waffle Crisp	6,60
18032	Bread, irish soda, prepared from recipe	6,60
18157	Cookies, chocolate wafers	6,60
18993	BEAR NAKED, Double Chocolate Cookies	6,60
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	6,60
28010	KELLOGG'S, EGGO, Waffles, Buttermilk	6,60
28015	KELLOGG'S, EGGO, Waffles, Homestyle	6,60
28019	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Honey Oat	6,60
28021	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Original	6,60
28136	KEEBLER, TOASTEDS, Sesame Crackers	6,60
28141	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Original	6,60
28143	KEEBLER, TOWN HOUSE, Reduced Fat Crackers	6,60

NDB_No	Description	Protein(g) Value Per
43447	Snacks, corn-based, extruded, chips, unsalted	6,60
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	6,60
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	6,59
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	6,59
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	6,59
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	6,59
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	6,59
18932	Waffles, buttermilk, frozen, ready-to-heat	6,58
22910	Lasagna, cheese, frozen, prepared	6,54
23298	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 4/5, raw	6,54
06049	Soup, pea, green, canned, condensed	6,54
06454	CAMPBELL'S CHUNKY Soups, Grilled Steak- Steak Chili with Beans	6,53
19042	Snacks, potato chips, barbecue-flavor	6,51
19109	Candies, KIT KAT Wafer Bar	6,51
18180	Cookies, oatmeal, dry mix	6,50
18184	Cookies, oatmeal, prepared from recipe, with raisins	6,50
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	6,50
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	6,50
18506	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Low Fat	6,50
20052	Rice, white, short-grain, enriched, uncooked	6,50
20452	Rice, white, short-grain, raw, unenriched	6,50
22528	Turkey Pot Pie, frozen entree	6,50
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	6,50
28002	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Strawberry Granola	6,50
28026	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Original	6,50
28070	KEEBLER, CLUB Crackers, Snack Sticks, Honey Wheat	6,50
28072	KEEBLER, Country Style Oatmeal Cookies with Raisins	6,50
28109	KEEBLER, Iced Oatmeal Cookies	6,50
28134	KEEBLER, TOASTEDS, Party Pack Cracker Assortment	6,50
28140	KEEBLER, TOWN HOUSE, FLIPSIDES, Pretzel Crackers, Garlic Herb	6,50
28155	KEEBLER, Waffle Bowls	6,50
28156	KEEBLER, Waffle Cones	6,50
28219	MURRAY, SOUTHERN KITCHEN, Iced Oatmeal Cookies	6,50
28230	MURRAY, SUGAR FREE, Shortbread Bites	6,50
28269	MOTHER'S, Old Fashioned Oatmeal Cookies	6,50
06731	Soup, bean with bacon, condensed, single brand	6,50

NDB_No	Description	Protein(g) Value Per
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	6,50
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	6,50
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	6,50
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	6,50
16570	GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared	6,50
36040	CRACKER BARREL, macaroni n' cheese	6,49
21060	Fast foods, burrito, with beans	6,48
18365	Waffles, plain, frozen, ready-to-heat	6,47
08510	Milk and cereal bar	6,47
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	6,46
28325	Crackers, toast thins, low sodium	6,45
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	6,45
18360	Taco shells, baked	6,41
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	6,41
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	6,41
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	6,40
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	6,40
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	6,40
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	6,40
18087	Cake, angelfood, dry mix	6,40
18254	Doughnuts, yeast-leavened, with creme filling	6,40
18293	Pancakes, plain, prepared from recipe	6,40
18336	Pie crust, standard-type, prepared from recipe, baked	6,40
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	6,40
18629	PILLSBURY, Buttermilk Biscuits, Artificial Flavor, refrigerated dough	6,40
19038	Snacks, popcorn, caramel-coated, with peanuts	6,40
28001	KELLOGG'S, EGGO, NUTRI-GRAIN Frozen Fruit Pizza, Mixed Berry Granola	6,40
28057	KEEBLER, CHIPS DELUXE, Oatmeal Chocolate Chip Cookies	6,40
28145	KEEBLER, TOWN HOUSE, TOPPERS, Garlic Herb Crackers	6,40
28186	KELLOGG'S, SPECIAL K, Cracker Chips, Cheddar	6,40
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	6,40
42284	Babyfood, baked product, finger snacks cereal fortified	6,40
12099	Nuts, chestnuts, european, dried, unpeeled	6,39
19411	Snacks, potato chips, plain, salted	6,39
10105	Pork, fresh, variety meats and by-products, jowl, raw	6,38
16007	Beans, baked, canned, with beef	6,38

NDB_No	Description	Protein(g) Value Per
16279	HOUSE FOODS Premium Soft Tofu	6,38
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	6,37
11215	Garlic, raw	6,36
28286	Bread, paratha, whole wheat, commercially prepared, frozen	6,36
19327	Candies, MARS SNACKFOOD US, COCOAVIA Blueberry and Almond Chocolate Bar	6,35
27032	CAMPBELL'S Red and White, Lentil Soup, condensed	6,35
27059	Sauce, peanut, made from peanut butter, water, soy sauce	6,31
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	6,30
08100	Cereals, CREAM OF RICE, dry	6,30
08156	Cereals ready-to-eat, rice, puffed, fortified	6,30
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	6,30
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	6,30
08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	6,30
16164	MORI-NU, Tofu, silken, lite firm	6,30
18505	KELLOGG'S, EGGO, Waffles, Homestyle, Low Fat	6,30
19061	Snacks, trail mix, tropical	6,30
22985	KASHI, Lemongrass Coconut Chicken, Frozen Entree	6,30
28124	KEEBLER, SANDIES, Cashew Shortbread Cookies	6,30
28148	KEEBLER, TOWN HOUSE, Wheat Crackers	6,30
35147	Tamales (Navajo)	6,28
17284	Lamb, Australian, imported, fresh, separable fat, raw	6,27
06117	CAMPBELL'S Red and White, Bean with Bacon Soup, condensed	6,25
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	6,24
19138	Candies, truffles, prepared-from-recipe	6,21
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	6,21
21269	TACO BELL, Nachos Supreme	6,21
25018	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Blueberry Snack Bar	6,21
06742	Soup, vegetable beef, microwavable, ready-to-serve, single brand	6,20
12077	Nuts, beechnuts, dried	6,20
12158	Seeds, breadfruit seeds, roasted	6,20
18009	Biscuits, plain or buttermilk, frozen, baked	6,20
18154	Cookies, brownies, prepared from recipe	6,20
18178	Cookies, oatmeal, commercially prepared, regular	6,20
18356	Sweet rolls, cinnamon, commercially prepared with raisins	6,20
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	6,20
19352	Syrups, malt	6,20

NDB_No	Description	Protein(g) Value Per
22982	KASHI, STEAM MEAL, Chicken Fettuccine, Frozen Entree	6,20
28018	KELLOGG'S, EGGO, NUTRI-GRAIN, Waffles, Blueberry	6,20
28023	KELLOGG'S, SIMPLY EGGO, Original	6,20
28189	KELLOGG'S, SPECIAL K, Cracker Chips, Southwest Ranch	6,20
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	6,19
19075	Candies, CARMELLO Candy Bar	6,19
19003	Snacks, corn-based, extruded, chips, plain	6,17
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	6,16
18633	PILLSBURY GRANDS, Buttermilk Biscuits, refrigerated dough	6,16
21129	Fast foods, hush puppies	6,16
18952	Tostada shells, corn	6,15
01017	Cheese, cream	6,15
11046	Beans, navy, mature seeds, sprouted, raw	6,15
12058	Nuts, acorns, raw	6,15
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	6,14
19903	Chocolate, dark, 60-69% cacao solids	6,12
06398	CAMPBELL'S CHUNKY Soups, Firehouse - Hot & Spicy Beef & Bean Chili	6,12
06437	CAMPBELL'S CHUNKY Soups, Roadhouse - Beef & Bean Chili	6,12
16059	Chili with beans, canned	6,12
18017	Biscuits, mixed grain, refrigerated dough	6,10
18088	Cake, angelfood, dry mix, prepared	6,10
18126	Cake, shortcake, biscuit-type, prepared from recipe	6,10
18155	Cookies, butter, commercially prepared, enriched	6,10
18179	Cookies, oatmeal, commercially prepared, soft-type	6,10
18294	Pancakes, blueberry, prepared from recipe	6,10
18421	Cookies, butter, commercially prepared, unenriched	6,10
18637	KRAFT FOODS, SHAKE 'N' BAKE ORIGINAL RECIPE, Coating for Pork, dry	6,10
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	6,10
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	6,10
22991	KASHI, STEAM MEAL, Sesame Chicken, Frozen Entree	6,10
28048	KEEBLER, BAKER'S TREASURES, Oatmeal Raisin Cookie, soft	6,10
28069	KEEBLER, CLUB, Reduced Fat Crackers	6,10
28126	KEEBLER, SANDIES, Dark Chocolate Almond Shortbread Cookies	6,10
28205	MOTHER'S, Macaroon Cookies	6,10
02001	Spices, allspice, ground	6,09
08710	Cereals ready-to-eat, KELLOGG'S, SPECIAL K gluten free, touch of brown sugar	6,09

NDB_No	Description	Protein(g) Value Per
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	6,08
11672	Potato pancakes	6,08
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	6,07
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	6,07
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	6,07
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	6,06
16018	Beans, black turtle, mature seeds, canned	6,03
16316	Beans, black, mature seeds, canned, low sodium	6,03
17092	Veal, composite of trimmed retail cuts, separable fat, raw	6,02
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	6,01
14236	Beverages, coffee substitute, cereal grain beverage, powder	6,01
18183	Cookies, oatmeal, refrigerated dough, baked	6,00
18980	KASHI, Original Waffle	6,00
21024	Fast foods, french toast sticks	6,00
21321	McDONALD'S, Hotcakes (plain)	6,00
21386	BURGER KING, french toast sticks	6,00
21415	POPEYES, biscuit	6,00
22995	KASHI, Sweet and Sour Chicken, Frozen Entree	6,00
23299	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 4/5, raw	6,00
28059	KEEBLER, CHIPS DELUXE, Peanut Butter Cups Cookies	6,00
28065	KEEBLER, CLUB, Minis Original Crackers	6,00
28071	KEEBLER, CLUB Crackers, Snack Sticks, Original	6,00
28084	KEEBLER, FUDGE SHOPPE, Fudge-Dipped Ice Cream Cups	6,00
28207	MOTHER'S, Old Fashioned Iced Oatmeal Cookies	6,00
28221	MURRAY, SUGAR FREE, Chocolate Chip & Pecan Cookies	6,00
28223	MURRAY, SUGAR FREE, Fudge Dipped Mint Cookies	6,00
28267	KEEBLER, SANDIES, Simply Shortbread Cookies	6,00
20125	Pasta, whole-wheat, cooked	5,99
22919	Macaroni and Cheese, canned, microwavable	5,98
01109	Milk, sheep, fluid	5,98
02011	Spices, cloves, ground	5,97
12004	Seeds, breadnut tree seeds, raw	5,97
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	5,97
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	5,96
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	5,96
18507	KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles	5,95

NDB_No	Description	Protein(g) Value Per
20061	Rice flour, white, unenriched	5,95
20133	Rice noodles, dry	5,95
22955	Egg rolls, vegetable, frozen, prepared	5,95
42178	Mayonnaise, made with tofu	5,95
19254	Candies, MARS SNACKFOOD US, DOVE Milk Chocolate	5,94
22950	SUPPER BAKES MEAL KITS, Traditional Roast Chicken with stuffing (chicken not included)	5,94
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	5,94
06112	Sauce, teriyaki, ready-to-serve	5,93
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	5,93
22948	SUPPER BAKES MEAL KITS, Savory Pork Chops with herb stuffing (pork chop not included)	5,91
18086	Cake, angelfood, commercially prepared	5,90
18208	Cookies, sugar, prepared from recipe, made with margarine	5,90
18256	Doughnuts, yeast-leavened, with jelly filling	5,90
18279	Muffins, corn, commercially prepared	5,90
18316	Pie, coconut custard, commercially prepared	5,90
22989	KASHI, Red Curry Chicken, Frozen Entree	5,90
28226	MURRAY, SUGAR FREE, Pecan Shortbread Cookies	5,90
28231	MURRAY, SUGAR FREE, Vanilla Wafer	5,90
28263	KEEBLER, Grahams, Cinnamon Crisp	5,90
28274	MURRAY, Honey Graham	5,90
36620	Restaurant, Chinese, shrimp and vegetables	5,90
08506	Cereals ready-to-eat, RALSTON Corn Flakes	5,90
08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	5,90
16584	GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared	5,90
16619	MORNINGSTAR FARMS Tuscan Greens & Beans, frozen, unprepared	5,90
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	5,89
18634	PILLSBURY Golden Layer Buttermilk Biscuits, Artificial Flavor, refrigerated dough	5,88
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	5,88
25007	Snacks, M&M MARS, KUDOS Whole Grain Bars, peanut butter	5,88
05286	Turkey and gravy, frozen	5,88
06004	Soup, bean with pork, canned, condensed	5,88
19079	Candies, confectioner's coating, yogurt	5,87
19087	Candies, white chocolate	5,87
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	5,87
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	5,87
22969	Chili with beans, microwavable bowls	5,85

NDB_No	Description	Protein(g) Value Per
02025	Spices, nutmeg, ground	5,84
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	5,83
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	5,82
19326	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Bar	5,81
11446	Seaweed, laver, raw	5,81
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	5,80
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	5,80
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	5,80
16617	MORNINGSTAR FARMS Spicy Black Bean Enchilada Entree, frozen, unprepared	5,80
18951	Waffles, chocolate chip, frozen, ready-to-heat	5,80
19005	Snacks, corn-based, extruded, cones, plain	5,80
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	5,80
20121	Pasta, cooked, enriched, without added salt	5,80
20321	Pasta, cooked, enriched, with added salt	5,80
20421	Pasta, cooked, unenriched, without added salt	5,80
20521	Pasta, cooked, unenriched, with added salt	5,80
22904	Chili con carne with beans, canned entree	5,80
28014	KELLOGG'S, EGGO, Waffles, French Toast	5,80
28025	KELLOGG'S, EGGO, Thick & Fluffy, Waffles, Brown Sugar	5,80
28028	FAMOUS AMOS, Chocolate Chip Pecan Cookies	5,80
28260	KELLOGG'S, EGGO, Waffles, Chocolate Chip	5,80
36631	OLIVE GARDEN, spaghetti with meat sauce	5,80
36630	Restaurant, Italian, spaghetti with meat sauce	5,79
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	5,77
02035	Spices, pumpkin pie spice	5,76
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	5,76
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	5,73
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	5,71
20139	Wheat, KAMUT khorasan, cooked	5,71
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	5,71
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	5,71
28302	Cookies, graham crackers, plain or honey, lowfat	5,71
28305	Pancakes, plain, reduced fat	5,71
01242	Ice cream sandwich, vanilla, light, no sugar added	5,71
15167	Mollusks, oyster, eastern, wild, raw	5,71
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	5,70

NDB_No	Description	Protein(g) Value Per
18363	Tortillas, ready-to-bake or -fry, corn	5,70
18378	Cookies, chocolate chip, prepared from recipe, made with butter	5,70
18402	Pie crust, standard-type, prepared from recipe, unbaked	5,70
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	5,70
18978	KASHI, Blueberry Waffle	5,70
22992	KASHI, Southwest Style Chicken, Frozen Entree	5,70
22996	KASHI Three Cheese Penne, frozen, unprepared	5,70
28036	GIRL SCOUTS, Trefoils Cookies	5,70
28037	JACKSON'S, Old Fashioned Lemon Jumble Cookies	5,70
28054	KEEBLER, CHIPS DELUXE, Coconut Cookies	5,70
28135	KEEBLER, TOASTEDS, Onion Crackers	5,70
28195	MOTHER'S, Chocolate Chip Cookies	5,70
28197	MOTHER'S, Coconut Cocadas Cookies	5,70
28218	MURRAY, SOUTHERN KITCHEN, Coconut Cookies	5,70
28222	MURRAY, SUGAR FREE, Fudge Dipped Grahams	5,70
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	5,70
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	5,69
08681	Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch	5,69
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	5,68
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	5,67
19404	Snacks, granola bars, soft, uncoated, chocolate chip	5,65
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	5,65
28342	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and sorghum flour	5,65
28354	ANDREA'S, Gluten Free Soft Dinner Roll	5,65
18172	Cookies, gingersnaps	5,60
18177	Cookies, molasses	5,60
18610	CONTINENTAL MILLS, KRUSTEAZ Almond Poppyseed Muffin Mix, Artificially Flavored, dry	5,60
22970	Macaroni and cheese, frozen entree	5,60
28043	KEEBLER, ANIMALS, Cookies	5,60
28045	KEEBLER, ANIMALS, Iced Cookies	5,60
28046	KEEBLER, ANIMALS, Crackers	5,60
28085	KEEBLER, FUDGE SHOPPE, Fudge Grahams, 1/2 Dipped, Reduced Fat	5,60
28125	KEEBLER, SANDIES, Chocolate Chip & Pecan Shortbread Cookies	5,60
28255	KEEBLER, ZESTA, Export Sodas Crackers	5,60
28277	MURRAY, SUGAR FREE, Chocolate Chip Cookies	5,60
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	5,60

NDB_No	Description	Protein(g) Value Per
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	5,60
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	5,60
11088	Broadbeans, immature seeds, raw	5,60
11974	Grape leaves, raw	5,60
20018	Corn flour, yellow, degermed, unenriched	5,59
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	5,59
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	5,59
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	5,59
19248	Candies, HERSHEY'S, ALMOND JOY BITES	5,58
02049	Thyme, fresh	5,56
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	5,55
18513	ARCHWAY Home Style Cookies, Sugar Free Oatmeal	5,54
19164	Candies, SPECIAL DARK Chocolate Bar	5,54
23300	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 9, raw	5,54
16005	Beans, baked, home prepared	5,54
16021	Beans, cranberry (roman), mature seeds, canned	5,54
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	5,52
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	5,50
18147	Cheesecake commercially prepared	5,50
18148	Cheesecake prepared from mix, no-bake type	5,50
18317	Pie, egg custard, commercially prepared	5,50
18388	Muffins, wheat bran, toaster-type with raisins, toasted	5,50
20141	Spelt, cooked	5,50
22990	KASHI, STEAM MEAL, Roasted Garlic Chicken Farfalle, Frozen Entree	5,50
28004	KELLOGG'S, EGGO, Pancakes, Chocolate Chip	5,50
28009	KELLOGG'S, EGGO, Waffles, Blueberry	5,50
28011	KELLOGG'S, EGGO, Waffles, Cinnamon Toast	5,50
28022	KELLOGG'S, EGGO Seasons, Waffles, Pumpkin Spice	5,50
28024	KELLOGG'S, EGGO, Waffles, Strawberry	5,50
28052	KEEBLER, CHIPS DELUXE, Chocolate Lovers Cookies	5,50
28058	KEEBLER, CHIPS DELUXE, Original Chocolate Chip Cookies	5,50
28068	KEEBLER, CLUB, Original Crackers	5,50
28074	KEEBLER, E.L. FUDGE, Butter Flavored Cookies	5,50
28091	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Oatmeal	5,50
28133	KEEBLER, TOASTEDS, Buttercrisps Crackers	5,50
28217	MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies	5,50

NDB_No	Description	Protein(g) Value Per
28259	KELLOGG'S, EGGO Minis, Pancakes, Buttermilk	5,50
32022	KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared	5,50
43497	Jellyfish, dried, salted	5,50
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	5,50
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	5,50
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	5,50
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	5,50
16585	GARDENBURGER Sun-Dried Tomato Basil Burger, frozen, unprepared	5,50
18537	ARCHWAY Home Style Cookies, Oatmeal	5,48
18959	Pastry, Pastelitos de Guava (guava pastries)	5,48
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	5,48
16054	Broadbeans (fava beans), mature seeds, canned	5,47
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	5,46
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	5,45
27065	Dip, bean, original flavor	5,44
27068	Dip, FRITO'S, bean, original flavor	5,44
03964	Babyfood, fortified cereal bar, fruit filling	5,43
11304	Peas, green, raw	5,42
36017	Restaurant, family style, macaroni & cheese, from kids' menu	5,42
19125	Chocolate-flavored hazelnut spread	5,41
18133	Cake, sponge, commercially prepared	5,40
18139	Cake, white, prepared from recipe without frosting	5,40
18182	Cookies, oatmeal, refrigerated dough	5,40
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	5,40
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	5,40
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	5,40
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	5,40
18433	Danish pastry, lemon, unenriched	5,40
18435	Danish pastry, raspberry, unenriched	5,40
18451	Cake, pound, commercially prepared, fat-free	5,40
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	5,40
19069	Candies, NESTLE, BUTTERFINGER Bar	5,40
19111	Candies, NESTLE, BABY RUTH Bar	5,40
19302	Candies, MARS SNACKFOOD US, SNICKERS Almond bar	5,40
28151	KEEBLER, TRADITIONS, Iced Oatmeal Cookies	5,40
28203	MOTHER'S, Iced Oatmeal Cookies	5,40

NDB_No	Description	Protein(g) Value Per
28206	MOTHER'S, Old Fashioned Chocolate Chip Cookies	5,40
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	5,40
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	5,40
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	5,40
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	5,40
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	5,38
18192	Cookies, shortbread, commercially prepared, plain	5,37
28310	Cookies, shortbread, reduced fat	5,37
11305	Peas, green, cooked, boiled, drained, without salt	5,36
11811	Peas, green, cooked, boiled, drained, with salt	5,36
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	5,35
16172	Refried beans, canned, fat-free	5,34
11005	Arrowhead, raw	5,33
25040	Snacks, vegetable chips, made from garden vegetables	5,32
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	5,31
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	5,31
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	5,31
18101	Cake, chocolate, prepared from recipe without frosting	5,30
18146	Cake, yellow, prepared from recipe without frosting	5,30
18186	Cookies, peanut butter, commercially prepared, soft-type	5,30
18281	Muffins, corn, toaster-type	5,30
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	5,30
18998	KELLOGG'S, EGGO, French Toaster Sticks, Original	5,30
19893	Ice creams, BREYERS, All Natural Light French Chocolate	5,30
22980	KASHI, Chicken and Chipotle BBQ Sauce with Mango, Frozen Entree	5,30
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	5,30
28003	KELLOGG'S, EGGO, Pancakes, Blueberry	5,30
28047	KEEBLER, BAKER'S TREASURES, Chocolate Chip Cookie, soft	5,30
28102	KEEBLER, GRIPZ, CHIPS DELUXE, Chocolate Chip Cookies, bite-size	5,30
28198	MOTHER'S, Double Fudge Creme Sandwich Cookies	5,30
28279	MURRAY, SUGAR FREE, Chocolate Creme Sandwich Cookies	5,30
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	5,30
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	5,30
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	5,30
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	5,30
11022	Balsam-pear (bitter gourd), leafy tips, raw	5,30

NDB_No	Description	Protein(g) Value Per
12003	Seeds, breadfruit seeds, boiled	5,30
12114	Nuts, coconut meat, dried (desiccated), toasted	5,30
12177	Nuts, coconut meat, dried (desiccated), creamed	5,30
16600	MORNINGSTAR FARMS Sesame Chik'n Entree, frozen, unprepared	5,30
14224	Beverages, coffee, instant, mocha, sweetened	5,29
36031	DENNY'S, onion rings	5,29
16171	Refried beans, canned, vegetarian	5,28
20097	Pasta, homemade, made with egg, cooked	5,28
11223	Drumstick leaves, cooked, boiled, drained, without salt	5,27
11786	Drumstick leaves, cooked, boiled, drained, with salt	5,27
32025	Dumpling, potato- or cheese-filled, frozen	5,26
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	5,25
12175	Nuts, chestnuts, japanese, dried	5,25
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	5,23
11312	Peas, green, frozen, unprepared	5,22
15245	Mollusks, oyster, eastern, farmed, raw	5,22
16029	Beans, kidney, all types, mature seeds, canned	5,22
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	5,22
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	5,22
18166	Cookies, chocolate sandwich, with creme filling, regular	5,21
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	5,21
03072	Babyfood, dinner, chicken stew, toddler	5,20
06730	Soup, split pea with ham, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	5,20
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	5,20
18021	Bread, boston brown, canned	5,20
18106	Coffeecake, fruit	5,20
18121	Cake, pound, commercially prepared, other than all butter, enriched	5,20
18250	Doughnuts, cake-type, plain, sugared or glazed	5,20
18290	Pancakes, plain, dry mix, complete, prepared	5,20
18418	Cake, pound, commercially prepared, other than all butter, unenriched	5,20
19890	Frozen novelties, KLONDIKE, SLIM-A-BEAR, No Sugar Added, Stickless Bar	5,20
28000	KELLOGG'S, EGGO, Mini Muffin Tops, Chocolate Chip	5,20
28056	KEEBLER, CHIPS DELUXE, Mini Chocolate Chip Cookies	5,20
28120	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Mints Grasshopper Cookies	5,20
28122	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies	5,20
42272	Snacks, granola bar, with coconut, chocolate coated	5,20

NDB_No	Description	Protein(g) Value Per
06007	Soup, bean with ham, canned, chunky, ready-to-serve	5,19
08679	Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH	5,19
16009	Beans, baked, canned, with pork	5,19
19255	Candies, MARS SNACKFOOD US, DOVE Dark Chocolate	5,19
36613	DENNY'S, macaroni & cheese, from kid's menu	5,19
18538	ARCHWAY Home Style Cookies, Oatmeal Raisin	5,17
18540	ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies	5,17
23301	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 9, raw	5,16
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	5,16
20094	Pasta, fresh-refrigerated, plain, cooked	5,15
11313	Peas, green, frozen, cooked, boiled, drained, without salt	5,15
11814	Peas, green, frozen, cooked, boiled, drained, with salt	5,15
16011	Beans, baked, canned, with pork and tomato sauce	5,15
22906	Chicken pot pie, frozen entree, prepared	5,11
06022	Soup, chicken rice, canned, chunky, ready-to-serve	5,11
03052	Babyfood, dinner, beef stew, toddler	5,10
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	5,10
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	5,10
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	5,10
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	5,10
14317	Beverages, malted drink mix, chocolate, powder	5,10
18092	Cake, pudding-type, carrot, dry mix	5,10
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	5,10
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	5,10
19010	Snacks, crisped rice bar, chocolate chip	5,10
28029	GIRL SCOUTS, Caramel Dulce De Leche Cookies	5,10
28060	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies	5,10
28106	KEEBLER, Almond Crescents Cookies, Holiday	5,10
28111	KEEBLER, READY CRUST, Chocolate Pie Crust	5,10
28142	KEEBLER, TOWN HOUSE, Original Crackers	5,10
28275	MURRAY, Old Fashioned Gingersnaps Cookies	5,10
36413	Restaurant, Latino, black bean soup	5,10
43020	Salad dressing, blue or roquefort cheese, low calorie	5,10
06026	Soup, chili beef, canned, condensed	5,09
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	5,09
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	5,09

NDB_No	Description	Protein(g) Value Per
19152	Candies, ROLO Caramels in Milk Chocolate	5,08
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	5,07
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	5,07
06015	Soup, chicken, canned, chunky, ready-to-serve	5,06
06179	Sauce, fish, ready-to-serve	5,06
11373	Potatoes, au gratin, home-prepared from recipe using butter	5,06
11843	Potatoes, au gratin, home-prepared from recipe using margarine	5,06
11956	Tomatoes, sun-dried, packed in oil, drained	5,06
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	5,06
20096	Pasta, fresh-refrigerated, spinach, cooked	5,06
20115	Noodles, japanese, soba, cooked	5,06
32019	Lasagna, cheese, frozen, unprepared	5,06
10165	Pork, cured, salt pork, raw	5,05
22401	Spaghetti with meat sauce, frozen entree	5,05
20112	Noodles, egg, spinach, enriched, cooked	5,04
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	5,03
19168	Desserts, egg custard, baked, prepared-from-recipe	5,02
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	5,01
12100	Nuts, chestnuts, european, dried, peeled	5,01
03049	Babyfood, dinner, beef and rice, toddler	5,00
03689	Babyfood, cereal, oatmeal, prepared with whole milk	5,00
03693	Babyfood, cereal, oatmeal, with honey, prepared with whole milk	5,00
03704	Babyfood, cereal, mixed, with honey, prepared with whole milk	5,00
06627	Sauce, pesto, ready-to-serve, shelf stable	5,00
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	5,00
16173	Frijoles rojos volteados (Refried beans, red, canned)	5,00
18105	Coffeecake, creme-filled with chocolate frosting	5,00
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	5,00
18156	Cookies, fudge, cake-type (includes trolley cakes)	5,00
18212	Cookies, vanilla wafers, lower fat	5,00
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	5,00
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	5,00
18999	KELLOGG'S, EGGO, Mini Muffin Tops, Blueberry	5,00
19114	Ice creams, chocolate, light	5,00
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	5,00
19917	Candies, M&M MARS Pretzel Chocolate Candies	5,00

NDB_No	Description	Protein(g) Value Per
22994	KASHI Spinach Artichoke Pasta, frozen, unprepared	5,00
25045	Formulated bar, high fiber, chewy, oats and chocolate	5,00
28005	KELLOGG'S, CINNABON, Pancakes, Caramel	5,00
28006	KELLOGG'S, CINNABON, Pancakes, Original	5,00
28008	KELLOGG'S, EGGO, Wafflers, Strawberry Strudel	5,00
28038	JACKSON'S, Old Fashioned Vanilla Wafers	5,00
28096	KEEBLER, FUDGE SHOPPE, Magic Middles Fudge Filled Cookies, Original	5,00
28108	KEEBLER, Holiday Jingles Cookies	5,00
28127	KEEBLER, SANDIES, Pecan Shortbread Cookies	5,00
28128	KEEBLER, SANDIES, Pecan Shortbread Cookies, bite size	5,00
28184	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Chocolate Baked Bites	5,00
28216	MURRAY, Old Fashioned Iced Oatmeal Cookies	5,00
42283	Snacks, potato chips, white, restructured, baked	5,00
43112	Beans, chili, barbecue, ranch style, cooked	5,00
11520	Taro leaves, raw	4,98
16103	Refried beans, canned, traditional style (includes USDA commodity)	4,98
16403	Refried beans, canned, traditional, reduced sodium	4,98
06249	Soup, pea, green, canned, prepared with equal volume milk	4,97
22949	SUPPER BAKES MEAL KITS, Southwestern-Style Chicken w/rice (chicken not included)	4,94
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	4,93
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	4,93
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	4,93
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	4,93
16073	Lima beans, large, mature seeds, canned	4,93
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	4,92
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	4,92
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	4,91
01070	Dessert topping, powdered	4,90
06459	CAMPBELL'S CHUNKY Soups, Split Pea 'N' Ham Soup	4,90
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	4,90
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	4,90
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	4,90
09173	Longans, dried	4,90
18164	Cookies, chocolate chip, refrigerated dough, baked	4,90
18193	Cookies, shortbread, commercially prepared, pecan	4,90
18213	Cookies, vanilla wafers, higher fat	4,90

NDB_No	Description	Protein(g) Value Per
18325	Pie, pecan, prepared from recipe	4,90
18386	Muffins, blueberry, toaster-type, toasted	4,90
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	4,90
19096	Ice creams, vanilla, light, soft-serve	4,90
22981	KASHI, Chicken Enchilada with Ancho Sauce, Frozen Entree	4,90
28107	KEEBLER, Gingerbread Men Cookies, Holiday	4,90
28169	KELLOGG'S, POP-TARTS, Frosted Cookies & Creme Toaster Pastries	4,90
28213	MURRAY, Duplex Creme Sandwich Cookies	4,90
28227	MURRAY, SUGAR FREE, Lemon Creme Sandwich Cookies	4,90
28228	MURRAY, SUGAR FREE, Vanilla Creme Sandwich Cookies	4,90
28262	FAMOUS AMOS, Vanilla Sandwich Creme Cookies	4,90
28266	KEEBLER, READY CRUST, Graham Pie Crust (10"), Reduced Fat	4,90
28272	MURRAY, Chocolate Creme Sandwich Cookies	4,90
28273	MURRAY, Vanilla Creme Sandwich Cookies	4,90
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	4,89
18533	ARCHWAY Home Style Cookies, Iced Oatmeal	4,89
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	4,89
36036	Restaurant, family style, onion rings	4,89
02036	Spices, rosemary, dried	4,88
19902	Chocolate, dark, 45- 59% cacao solids	4,88
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	4,86
01203	Yogurt, fruit, lowfat, with low calorie sweetener	4,86
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	4,86
16137	Hummus, home prepared	4,86
19875	Ice creams, BREYERS, All Natural Light Vanilla	4,84
06002	Soup, black bean, canned, condensed	4,83
11230	Pepeao, dried	4,82
16278	Vitasoy USA Azumaya, Silken Tofu	4,82
19876	Ice creams, BREYERS, All Natural Light French Vanilla	4,82
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	4,80
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	4,80
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	4,80
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	4,80
11990	Wasabi, root, raw	4,80
16161	MORI-NU, Tofu, silken, soft	4,80
16214	Vitasoy USA, Organic Nasoya Silken Tofu	4,80

NDB_No	Description	Protein(g) Value Per
18107	Coffeecake, cinnamon with crumb topping, dry mix	4,80
18151	Cookies, brownies, commercially prepared	4,80
18200	Cookies, oatmeal, commercially prepared, special dietary	4,80
18328	Pie, vanilla cream, prepared from recipe	4,80
18632	PILLSBURY, Traditional Fudge Brownie Mix, dry	4,80
18997	KELLOGG'S, EGGO, French Toaster Sticks, Cinnamon	4,80
22944	SUPPER BAKES MEAL KITS, Creamy Stroganoff Sauce with pasta	4,80
28007	KELLOGG'S, EGGO, Wafflers, Brown Sugar Cinnamon Roll	4,80
28183	KELLOGG'S, POP-TARTS MINI CRISPS, Cinnamon Brown Sugar Baked Bites	4,80
28215	MURRAY, JACKS Vanilla Wafers	4,80
28270	MOTHER'S, Vanilla Sandwich Cookies	4,80
43449	Beans, baked, canned, no salt added	4,80
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	4,78
19088	Ice creams, vanilla, light	4,78
19146	Baking chocolate, MARS SNACKFOOD US, M&M's Milk Chocolate Mini Baking Bits	4,78
19157	Candies, MARS SNACKFOOD US, M&M's MINIs Milk Chocolate Candies	4,78
36026	CRACKER BARREL, onion rings, thick-cut	4,78
36625	Restaurant, Chinese, vegetable lo mein, without meat	4,77
08370	Cereals ready-to-eat, GENERAL MILLS, RICE CRUNCHINS	4,76
28061	KEEBLER, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite size	4,75
16006	Beans, baked, canned, plain or vegetarian	4,75
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	4,74
43541	Ice creams, chocolate, rich	4,72
21032	Fast foods, sundae, caramel	4,71
11985	Fireweed, leaves, raw	4,71
18206	Cookies, sugar, refrigerated dough, baked	4,70
18453	Cake, yellow, light, dry mix	4,70
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	4,70
18494	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon	4,70
18566	Artificial Blueberry Muffin Mix, dry	4,70
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	4,70
22951	SWANSON, Chicken A La King	4,70
28012	KELLOGG'S, EGGO, FIBERPLUS Waffles, Buttermilk	4,70
28053	KEEBLER, CHIPS DELUXE, Chocolate Malt Chunk Cookies	4,70
28103	KEEBLER, GRIPZ, CHIPS DELUXE, Rainbow Chocolate Chip Cookies, bite-size	4,70
28113	KEEBLER, 100 Calorie RIGHT BITES, CHIPS DELUXE, Chocolate Chip Cookies	4,70

NDB_No	Description	Protein(g) Value Per
28167	KELLOGG'S, POP-TARTS, Frosted Cinnamon Roll Toaster Pastries	4,70
28171	KELLOGG'S, POP-TARTS, Frosted Pumpkin Pie Toaster Pastries	4,70
28185	KELLOGG'S, POP-TARTS MINI CRISPS, Frosted Strawberry Baked Bites	4,70
28214	MURRAY, Lemon Creme Sandwich Cookies	4,70
32030	KASHI Italian Vegetable Medley Pasta, frozen, unprepared	4,70
01194	KRAFT BREAKSTONE'S FREE Fat Free Sour Cream	4,70
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	4,69
08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	4,69
19878	Ice creams, BREYERS, All Natural Light Vanilla Chocolate Strawberry	4,69
19879	Ice creams, BREYERS, All Natural Light Mint Chocolate Chip	4,69
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	4,67
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	4,67
18527	ARCHWAY Home Style Cookies, Date Filled Oatmeal	4,67
18562	ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps	4,67
11231	Jute, potherb, raw	4,65
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	4,64
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	4,62
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	4,62
16055	Carob flour	4,62
16201	Campbell's Pork and Beans	4,62
19410	Snack, potato chips, made from dried potatoes, plain	4,62
06147	Soup, beef mushroom, canned, condensed	4,60
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	4,60
08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	4,60
11618	Eppaw, raw	4,60
16044	Beans, pinto, mature seeds, canned, solids and liquids	4,60
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	4,60
18097	Cake, pudding-type, chocolate, dry mix	4,60
18161	Cookies, chocolate chip, dry mix	4,60
18277	Muffins, blueberry, toaster-type	4,60
18476	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry	4,60
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	4,60
18479	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon	4,60
19074	Candies, caramels	4,60
19142	Candies, MOUNDS Candy Bar	4,60
19348	Syrups, chocolate, fudge-type	4,60

NDB_No	Description	Protein(g) Value Per
28034	GIRL SCOUTS, Thank U Berry Munch Cookies	4,60
28075	KEEBLER, E.L. FUDGE, Double Stuffed Cookies	4,60
28179	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Ice Creme Sandwich Toaster Pastries	4,60
42281	Gums, seed gums (includes locust bean, guar)	4,60
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	4,59
20127	Spaghetti, spinach, cooked	4,58
36022	APPLEBEE'S, crunchy onion rings	4,58
19045	Snacks, potato chips, made from dried potatoes, reduced fat	4,56
28330	Cookies, marshmallow, with rice cereal and chocolate chips	4,55
01057	Eggnog	4,55
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	4,55
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	4,55
20110	Noodles, egg, enriched, cooked	4,54
20310	Noodles, egg, cooked, enriched, with added salt	4,54
20410	Noodles, egg, unenriched, cooked, without added salt	4,54
20510	Noodles, egg, cooked, unenriched, with added salt	4,54
19094	Desserts, flan, caramel custard, prepared-from-recipe	4,53
20106	Macaroni, vegetable, enriched, cooked	4,53
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	4,52
16010	Beans, baked, canned, with pork and sweet sauce	4,52
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	4,51
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	4,51
18199	Cookies, chocolate sandwich, with creme filling, special dietary	4,50
18210	Cookies, vanilla sandwich with creme filling	4,50
18251	Doughnuts, cake-type, chocolate, sugared or glazed	4,50
18324	Pie, pecan, commercially prepared	4,50
18327	Pie, pumpkin, prepared from recipe	4,50
18528	ARCHWAY Home Style Cookies, Dutch Cocoa	4,50
19367	Toppings, nuts in syrup	4,50
19881	Ice creams, BREYERS, No Sugar Added, French Vanilla	4,50
28027	FAMOUS AMOS, Chocolate Chip Cookies	4,50
28035	GIRL SCOUTS, Thin Mints Cookies	4,50
28114	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Dark Chocolate Fudge Stripes Cookies	4,50
28117	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Brownies	4,50
28118	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Grahams Cookies	4,50
28131	KEEBLER, Sweet Cremes Cookies	4,50

NDB_No	Description	Protein(g) Value Per
28150	KEEBLER, TRADITIONS, Iced Lemonade Cookies	4,50
28153	KEEBLER, Vienna Fingers with Creme Filling	4,50
28154	KEEBLER, Vienna Fingers with Creme Filling, Reduced Fat	4,50
28165	KELLOGG'S, POP-TARTS, Chocolate Chip Cookie Dough Toaster Pastries	4,50
28173	KELLOGG'S, POP-TARTS, Frosted Sugar Cookie Toaster Pastries	4,50
28199	MOTHER'S, English Tea Sandwich Cookies	4,50
28202	MOTHER'S, Iced Lemonade Cookies	4,50
28294	Cookie, chocolate, with icing or coating	4,50
01193	KRAFT BREAKSTONE'S Reduced Fat Sour Cream	4,50
02075	Seasoning mix, dry, taco, original	4,50
06414	CAMPBELL'S CHUNKY Soups, Hearty Bean 'N' Ham Soup	4,49
11006	Arrowhead, cooked, boiled, drained, without salt	4,49
11701	Arrowhead, cooked, boiled, drained, with salt	4,49
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	4,49
12096	Nuts, chestnuts, chinese, roasted	4,48
19867	Ice creams, vanilla, fat free	4,48
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	4,47
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	4,47
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	4,46
18964	Cinnamon buns, frosted (includes honey buns)	4,45
22952	SWANSON, Chicken and Dumplings	4,45
06071	Soup, vegetable beef, canned, condensed	4,45
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	4,45
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	4,44
19139	Baking chocolate, MARS SNACKFOOD US, M&M's Semisweet Chocolate Mini Baking Bits	4,44
06013	Soup, chicken broth, canned, condensed	4,42
11656	Corn pudding, home prepared	4,42
11813	Peas, green, canned, no salt added, drained solids	4,42
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	4,42
01243	Fat free ice cream, no sugar added, flavors other than chocolate	4,41
01244	Milk dessert bar, frozen, made from lowfat milk	4,41
08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	4,41
18529	ARCHWAY Home Style Cookies, Frosty Lemon	4,41
18969	Cream puff, eclair, custard or cream filled, iced	4,41
22905	Beef stew, canned entree	4,41
18102	Cake, white, prepared from recipe with coconut frosting	4,40

NDB_No	Description	Protein(g) Value Per
18114	Cake, gingerbread, dry mix	4,40
18304	Pie, banana cream, prepared from recipe	4,40
18420	Cake, yellow, unenriched, dry mix	4,40
18640	HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen	4,40
19149	Candies, NESTLE, RAISINETS Chocolate Covered Raisins	4,40
19272	Snacks, FARLEY CANDY, FARLEY Fruit Snacks, with vitamins A, C, and E	4,40
20137	Quinoa, cooked	4,40
28076	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Dark Chocolate	4,40
28112	KEEBLER, READY CRUST, Shortbread Pie Crust	4,40
28163	KELLOGG'S, POP-TARTS, Frosted Apple Strudel Toaster Pastries	4,40
28168	KELLOGG'S, POP-TARTS, Frosted Confetti Cake Toaster Pastries	4,40
28178	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Hot Fudge Sundae Toaster Pastries	4,40
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	4,40
43261	Yogurt, fruit variety, nonfat	4,40
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	4,40
43595	Breakfast bar, corn flake crust with fruit	4,40
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	4,40
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	4,40
01250	Nutritional supplement for people with diabetes, liquid	4,40
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	4,39
11369	Potatoes, microwaved, cooked in skin, skin, without salt	4,39
11836	Potatoes, microwaved, cooked, in skin, skin with salt	4,39
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	4,38
20098	Pasta, homemade, made without egg, cooked	4,37
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	4,37
22912	Spaghetti, with meatballs in tomato sauce, canned	4,37
22939	SPAGHETTIOS, SpaghettiOs RavioliOs Beef Ravioli in Meat Sauce	4,37
22940	SPAGHETTIOS, SpaghettiOs with Meatballs	4,37
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	4,37
22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	4,37
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	4,37
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	4,37
18544	ARCHWAY Home Style Cookies, Raspberry Filled	4,35
18547	ARCHWAY Home Style Cookies, Strawberry Filled	4,35
18635	PILLSBURY, Cinnamon Rolls with Icing, refrigerated dough	4,34
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	4,34

NDB_No	Description	Protein(g) Value Per
18168	Cookies, chocolate sandwich, with extra creme filling	4,33
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	4,33
06064	Soup, turkey, chunky, canned, ready-to-serve	4,33
11311	Peas, green, canned, drained solids, rinsed in tap water	4,33
11546	Tomato products, canned, paste, without salt added	4,32
12127	Nuts, ginkgo nuts, raw	4,32
21078	Fast foods, nachos, with cheese	4,32
21268	TACO BELL, Nachos	4,32
11501	Succotash, (corn and limas), frozen, unprepared	4,31
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	4,31
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	4,31
19874	Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added	4,31
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	4,31
06978	Soup, beef and mushroom, low sodium, chunk style	4,30
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	4,30
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	4,30
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	4,30
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	4,30
18019	Bread, banana, prepared from recipe, made with margarine	4,30
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	4,30
28013	KELLOGG'S, EGGO, FIBERPLUS Waffles, Chocolate Chip	4,30
28055	KEEBLER, CHIPS DELUXE, Dark Chocolate Chunk Cookies	4,30
28078	KEEBLER, FUDGE SHOPPE, Mint Creme Middles, Chocolate Graham Cookies	4,30
28087	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Dark Chocolate	4,30
28261	FAMOUS AMOS, Chocolate Sandwich Creme Cookies	4,30
32023	KASHI Mushroom & Asparagus Risotto, frozen, unprepared	4,30
42131	Milk dessert, frozen, milk-fat free, chocolate	4,30
01238	Ice cream sandwich	4,29
01241	Ice cream sandwich, made with light ice cream, vanilla	4,29
11364	Potatoes, baked, skin, without salt	4,29
11830	Potatoes, baked, skin only, with salt	4,29
35140	Bread, kneel down (Navajo)	4,29
11233	Kale, raw	4,28
18522	ARCHWAY Home Style Cookies, Chocolate Chip Ice Box	4,28
19256	Candies, MARS SNACKFOOD US, MILKY WAY Caramels, milk chocolate covered	4,28
19292	Candies, MARS SNACKFOOD US, M&M's Crispy Chocolate Candies	4,28

NDB_No	Description	Protein(g) Value Per
18539	ARCHWAY Home Style Cookies, Old Fashioned Molasses	4,27
11975	Grape leaves, canned	4,27
22946	SUPPER BAKES MEAL KITS, Herb Chicken with rice (chicken not included)	4,26
22947	SUPPER BAKES MEAL KITS, Lemon Chicken with herb rice (chicken not included)	4,26
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	4,26
18535	ARCHWAY Home Style Cookies, Molasses	4,25
22929	SPAGHETTIOS, Mini Beef Ravioli in Meat Sauce	4,25
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	4,25
11697	Arrowroot, raw	4,24
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	4,24
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	4,24
18940	Muffin, blueberry, commercially prepared, low-fat	4,23
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	4,22
20656	Pasta, gluten-free, rice flour and rice bran extract, cooked, DE BOLES	4,21
35196	Lambsquarters, raw (Northern Plains Indians)	4,21
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	4,21
03043	Babyfood, dinner, beef lasagna, toddler	4,20
06729	Soup, sirloin burger with vegetables, ready-to-serve, single brand	4,20
11029	Beans, kidney, mature seeds, sprouted, raw	4,20
12093	Nuts, chestnuts, chinese, raw	4,20
18171	Cookies, fortune	4,20
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	4,20
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	4,20
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	4,20
18497	Toaster Pastries, KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry	4,20
19080	Candies, semisweet chocolate	4,20
19701	Candies, semisweet chocolate, made with butter	4,20
28030	GIRL SCOUTS, Chalet Cookies	4,20
28062	KEEBLER, CHIPS DELUXE, Soft 'n Chewy Chocolate Chip Cookies	4,20
28077	KEEBLER, FUDGE SHOPPE, Cheesecake Middles, Original Graham Cookies	4,20
28089	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Mini	4,20
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	4,19
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	4,19
18112	Cake, pudding-type, german chocolate, dry mix	4,17
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	4,17
28352	Cookies, vanilla sandwich with creme filling, reduced fat	4,17

NDB_No	Description	Protein(g) Value Per
16202	PACE, Traditional Refried Beans	4,17
16204	PACE, Spicy Jalapeno Refried Beans	4,17
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	4,16
11526	Taro, tahitian, cooked, without salt	4,16
11881	Taro, tahitian, cooked, with salt	4,16
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYN0-BITES	4,15
18310	Pie, chocolate creme, commercially prepared	4,15
03685	Babyfood, cereal, mixed, prepared with whole milk	4,14
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	4,14
19182	Desserts, mousse, chocolate, prepared-from-recipe	4,14
21336	McDONALD'S, Hot Fudge Sundae	4,14
21378	McDONALD'S, Bacon Ranch Salad without chicken	4,14
19065	Candies, ALMOND JOY Candy Bar	4,13
19205	Egg custards, dry mix, prepared with 2% milk	4,13
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	4,13
12205	Seeds, lotus seeds, raw	4,13
18191	Cookies, raisin, soft-type	4,10
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	4,10
18489	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry	4,10
19090	Ice creams, french vanilla, soft-serve	4,10
28088	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Holiday/Spiderman	4,10
28092	KEEBLER, FUDGE SHOPPE, Fudge Stripes, Original	4,10
28121	KEEBLER, 100 Calorie RIGHT BITES, Sandies Shortbread Cookies, Fudge Dipped	4,10
28176	KELLOGG'S, POP-TARTS, Frosted Wild Grape Toaster Pastries	4,10
28192	KELLOGG'S, POP-TARTS, Gingerbread Toaster Pastries	4,10
28193	KELLOGG'S, POP-TARTS, Yum-azing Vanilla Milkshake Toaster Pastries	4,10
28293	Cookie, butter or sugar, with chocolate icing or filling	4,10
42189	Milk, buttermilk, fluid, cultured, reduced fat	4,10
42286	Babyfood, green beans and turkey, strained	4,10
01236	Ice cream, soft serve, chocolate	4,10
01237	Ice cream, bar or stick, chocolate covered	4,10
11201	Cowpeas, leafy tips, raw	4,10
16586	GARDENBURGER Veggie Medley Burger, frozen, unprepared	4,10
19886	Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Cone	4,09
21034	Fast foods, sundae, strawberry	4,09
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	4,08

NDB_No	Description	Protein(g) Value Per
06241	CAMPBELL'S CHUNKY Microwavable Bowls, Beef with Country Vegetables Soup, ready-to-serve	4,08
06451	Soup, pea, split with ham, canned, prepared with equal volume water	4,08
09085	Currants, zante, dried	4,08
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	4,07
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	4,07
18361	Toaster pastries, brown-sugar-cinnamon	4,06
28333	Cookies, gluten-free, chocolate wafer	4,06
28359	GLUTINO, Gluten Free Wafers, Milk Chocolate	4,06
35197	Lambsquarters, steamed (Northern Plains Indians)	4,06
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	4,05
36602	Restaurant, Chinese, fried rice, without meat	4,05
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	4,02
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	4,02
28349	Cookies, oatmeal, reduced fat	4,02
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	4,01
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	4,01
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	4,01
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	4,01
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	4,00
18142	Cake, pudding-type, yellow, dry mix	4,00
18152	Cookies, brownies, dry mix, regular	4,00
18174	Cookies, graham crackers, chocolate-coated	4,00
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	4,00
18205	Cookies, sugar, refrigerated dough	4,00
18490	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry	4,00
18609	KEEBLER, Vanilla Wafers	4,00
19293	Frozen yogurts, vanilla, soft-serve	4,00
19393	Frozen yogurts, chocolate, soft-serve	4,00
20117	Noodles, japanese, somen, cooked	4,00
28080	KEEBLER, FUDGE SHOPPE, Deluxe Grahams Cookies	4,00
28093	KEEBLER, FUDGE SHOPPE, Grasshopper Cookies, Fudge Mint	4,00
28116	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Cookies 'N Creme	4,00
28119	KEEBLER, 100 Calorie RIGHT BITES, FUDGE SHOPPE, Mini Fudge Stripes Cookies	4,00
28152	KEEBLER, Vanilla Wafers Minis, Rainbow	4,00
28164	KELLOGG'S, POP-TARTS, Frosted Blueberry Muffin Toaster Pastries	4,00
28172	KELLOGG'S, POP-TARTS, Frosted Spring Berry Toaster Pastries	4,00

NDB_No	Description	Protein(g) Value Per
28180	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Rainbow Chip Toaster Pastries	4,00
28181	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Strawberry Milkshake Toaster Pastries	4,00
28182	KELLOGG'S, POP-TARTS, Ice Cream Shoppe Frosted Vanilla Milkshake Toaster Pastries	4,00
28233	MURRAY, Vanilla Wafer	4,00
02010	Spices, cinnamon, ground	3,99
06167	Sauce, homemade, white, thick	3,99
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	3,99
11001	Alfalfa seeds, sprouted, raw	3,99
18459	Breakfast tart, low fat	3,99
19170	Egg custards, dry mix, prepared with whole milk	3,99
19880	Ice creams, BREYERS, No Sugar Added, Butter Pecan	3,99
20089	Wild rice, cooked	3,99
18163	Cookies, chocolate chip, refrigerated dough	3,98
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	3,98
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	3,98
11326	Peas and onions, frozen, unprepared	3,98
06070	Soup, chunky beef, canned, ready-to-serve	3,97
06146	CAMPBELL'S Red and White, Beef with Vegetables and Barley Soup, condensed	3,97
19260	Ice creams, vanilla, light, no sugar added	3,97
21339	McDONALD'S, McFLURRY with OREO cookies	3,97
21413	Light Ice Cream, soft serve, blended with cookie pieces	3,97
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	3,96
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	3,96
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	3,96
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	3,95
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	3,95
19243	Candies, HEATH BITES	3,94
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	3,93
06482	CAMPBELL'S Low Sodium Soups, Chicken with Noodles Soup	3,93
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	3,92
03122	Babyfood, peas, dices, toddler	3,90
03696	Babyfood, cereal, rice, with honey, prepared with whole milk	3,90
06733	Soup, beef with vegetables and barley, canned, condensed, single brand	3,90
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	3,90
18116	Cake, gingerbread, prepared from recipe	3,90
18135	Cake, pudding-type, white, enriched, dry mix	3,90

NDB_No	Description	Protein(g) Value Per
18198	Cookies, chocolate chip, commercially prepared, special dietary	3,90
18326	Pie, pumpkin, commercially prepared	3,90
18419	Cake, pudding-type, white, unenriched, dry mix	3,90
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	3,90
18991	BARBARA DEE, Winter Mints Cookies	3,90
19081	Candies, sweet chocolate	3,90
19887	Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Sandwich	3,90
28073	KEEBLER, Danish Wedding Cookies	3,90
28170	KELLOGG'S, POP-TARTS, Frosted Orange Cream Toaster Pastries	3,90
28174	KELLOGG'S, POP-TARTS, Frosted Waffle Cone Toaster Pastries	3,90
28175	KELLOGG'S, POP-TARTS, Frosted Wild Fruit Fusion Toaster Pastries	3,90
28177	KELLOGG'S, POP-TARTS, Frosted Wild Strawberry Toaster Pastries	3,90
28232	MURRAY, Vanilla Sugar Wafer	3,90
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	3,90
09041	Bananas, dehydrated, or banana powder	3,89
19894	Ice creams, BREYERS, 98% Fat Free Chocolate	3,89
20143	Teff, cooked	3,87
21130	Fast foods, onion rings, breaded and fried	3,86
21509	BURGER KING, Onion Rings	3,86
01111	Milk shakes, thick vanilla	3,86
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	3,86
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	3,86
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	3,86
06009	Soup, beef noodle, canned, condensed	3,85
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	3,85
16200	Campbell's Brown Sugar And Bacon Flavored Baked Beans	3,85
06166	Sauce, homemade, white, medium	3,84
18209	Cookies, sugar wafers with creme filling, regular	3,84
11097	Broccoli raab, cooked	3,83
11989	Mushrooms, straw, canned, drained solids	3,83
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	3,82
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	3,82
18630	PILLSBURY, Chocolate Chip Cookies, refrigerated dough	3,82
19258	Candies, MARS SNACKFOOD US, MILKY WAY Caramels. dark chocolate covered	3,82
11676	Radish seeds, sprouted, raw	3,81
18321	Pie, lemon meringue, prepared from recipe	3,80

NDB_No	Description	Protein(g) Value Per
18642	GENERAL MILLS, BETTY CROCKER SUPERMOIST Yellow Cake Mix, dry	3,80
19039	Snacks, popcorn, caramel-coated, without peanuts	3,80
19270	Ice creams, chocolate	3,80
19899	Ice creams, regular, low carbohydrate, chocolate	3,80
20002	Amaranth grain, cooked	3,80
22987	KASHI Pesto Pasta Primavera, frozen, unprepared	3,80
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	3,80
28132	KEEBLER, Toasted Coconut Cookies	3,80
28194	MOTHER'S, 4th of July Circus Animal Cookies	3,80
28196	MOTHER'S, Circus Animal Cookies	3,80
28200	MOTHER'S, Halloween Circus Animals Cookies	3,80
28201	MOTHER'S, Holiday Circus Animal Cookies	3,80
28204	MOTHER'S, Jungle Animal Cookies	3,80
28209	MOTHER'S, Taffy Sandwich Cookies	3,80
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	3,80
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	3,80
06739	Soup, vegetable beef, canned, condensed, single brand	3,80
06977	Gravy, meat or poultry, low sodium, prepared	3,80
09165	Litchis, dried	3,80
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	3,80
16003	Beans, adzuki, mature seeds, canned, sweetened	3,80
06375	CAMPBELL'S, Vegetable Beef Soup, condensed	3,79
20029	Couscous, cooked	3,79
11100	Brussels sprouts, frozen, unprepared	3,78
19102	Candies, fudge, peanut butter, prepared-from-recipe	3,78
25009	Snacks, M&M MARS, KUDOS Whole Grain Bar, M&M's milk chocolate	3,78
06165	Sauce, homemade, white, thin	3,77
06211	Soup, cheese, canned, prepared with equal volume milk	3,77
01108	Milk, indian buffalo, fluid	3,75
02064	Peppermint, fresh	3,75
06116	Gravy, beef, canned, ready-to-serve	3,75
02046	Mustard, prepared, yellow	3,74
06037	Soup, lentil with ham, canned, ready-to-serve	3,74
36007	T.G.I. FRIDAY'S, french fries	3,74
21247	WENDY'S, french fries	3,73
03681	Babyfood, cereal, barley, prepared with whole milk	3,73

NDB_No	Description	Protein(g) Value Per
05047	Chicken, broilers or fryers, separable fat, raw	3,73
19884	Ice creams, BREYERS, No Sugar Added, Vanilla Chocolate Strawberry	3,71
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	3,71
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	3,71
18144	Cake, yellow, enriched, dry mix	3,70
18170	Cookies, fig bars	3,70
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	3,70
01239	Ice cream cookie sandwich	3,70
09289	Prunes, dehydrated (low-moisture), uncooked	3,70
19891	Frozen novelties, No Sugar Added CREAMSICLE Pops	3,69
06314	Soup, HEALTHY CHOICE Chicken Noodle Soup, canned	3,69
11232	Jute, potherb, cooked, boiled, drained, without salt	3,68
11789	Jute, potherb, cooked, boiled, drained, with salt	3,68
19882	Ice creams, BREYERS, No Sugar Added, Vanilla	3,68
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	3,67
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	3,67
19124	Baking chocolate, mexican, squares	3,64
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	3,64
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	3,64
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	3,64
18127	Cake, snack cakes, creme-filled, chocolate with frosting	3,63
18160	Cookies, chocolate chip, commercially prepared, soft-type	3,63
11463	Spinach, frozen, chopped or leaf, unprepared	3,63
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	3,63
11182	Corn, yellow, whole kernel, frozen, microwaved	3,62
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	3,61
09246	Peaches, dried, sulfured, uncooked	3,61
03046	Babyfood, ravioli, cheese filled, with tomato sauce	3,60
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	3,60
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	3,60
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	3,60
14409	Beverages, Orange-flavor drink, breakfast type, low calorie, powder	3,60
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	3,60
28083	KEEBLER, FUDGE SHOPPE, Triple Fudge Filled Cookies	3,60
28130	KEEBLER, SOFT BATCH, Chocolate Chip Cookies	3,60
03298	Babyfood, dinner, broccoli and chicken, junior	3,59

NDB_No	Description	Protein(g) Value Per
21335	McDONALD'S, Hot Caramel Sundae	3,58
11263	Mushrooms, white, stir-fried	3,58
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	3,57
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	3,57
18202	Cookies, sugar wafer, with creme filling, sugar free	3,57
21033	Fast foods, sundae, hot fudge	3,57
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	3,57
01106	Milk, goat, fluid, with added vitamin D	3,56
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	3,56
36044	ON THE BORDER, Mexican rice	3,56
06061	Soup, tomato beef with noodle, canned, condensed	3,55
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	3,55
19265	Ice creams, chocolate, light, no sugar added	3,54
19895	Ice creams, BREYERS, No Sugar Added, Chocolate Caramel	3,54
01187	Yogurt, chocolate, nonfat milk	3,53
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	3,53
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	3,53
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	3,53
19883	Ice creams, BREYERS, No Sugar Added, Vanilla Fudge Twirl	3,53
01105	Milk, chocolate beverage, hot cocoa, homemade	3,52
16130	Okara	3,52
20032	Millet, cooked	3,51
01179	Sour cream, light	3,50
03048	Babyfood, macaroni and cheese, toddler	3,50
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	3,50
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	3,50
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	3,50
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	3,50
14632	Beverages, Meal supplement drink, canned, peanut flavor	3,50
18119	Cake, pineapple upside-down, prepared from recipe	3,50
18312	Pie, chocolate mousse, prepared from mix, no-bake type	3,50
18532	ARCHWAY Home Style Cookies, Iced Molasses	3,50
19089	Ice creams, vanilla, rich	3,50
19095	Ice creams, vanilla	3,50
28032	GIRL SCOUTS, Samoas Cookies	3,50
28079	KEEBLER, FUDGE SHOPPE, Coconut Dreams Cookies	3,50

NDB_No	Description	Protein(g) Value Per
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	3,50
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	3,50
43417	Babyfood, meat, beef with vegetables, toddler	3,50
43476	Tofu yogurt	3,50
21248	WENDY'S, Frosty Dairy Dessert	3,49
36014	Restaurant, family style, french fries	3,49
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	3,48
18275	Muffins, blueberry, dry mix	3,48
36411	Restaurant, Latino, tamale, corn	3,48
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	3,48
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	3,48
06040	Soup, minestrone, canned, condensed	3,48
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	3,47
18128	Cake, snack cakes, creme-filled, sponge	3,47
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	3,46
02045	Dill weed, fresh	3,46
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	3,46
28311	Cookies, sugar wafer, chocolate-covered	3,45
03694	Babyfood, cereal, rice, prepared with whole milk	3,45
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	3,45
11267	Mushrooms, shiitake, stir-fried	3,45
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	3,44
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	3,44
21138	Fast foods, potato, french fried in vegetable oil	3,43
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	3,42
18946	Pie crust, refrigerated, regular, baked	3,41
21238	McDONALD'S, french fries	3,41
36610	DENNY'S, french fries	3,41
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	3,41
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	3,41
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	3,41
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	3,41
03290	Babyfood, carrots and beef, strained	3,40
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	3,40
11322	Peas and carrots, frozen, unprepared	3,40
14428	Beverages, shake, fast food, strawberry	3,40

NDB_No	Description	Protein(g) Value Per
18117	Cake, pudding-type, marble, dry mix	3,40
18303	Pie, banana cream, prepared from mix, no-bake type	3,40
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	3,40
28224	MURRAY, SUGAR FREE, Fudge Dipped Wafers	3,40
42279	Babyfood, peas and brown rice	3,40
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	3,40
06319	Gravy, CAMPBELL'S, country style sausage	3,39
09032	Apricots, dried, sulfured, uncooked	3,39
09297	Raisins, golden seedless	3,39
20010	Buckwheat groats, roasted, cooked	3,38
22247	Macaroni and Cheese, canned entree	3,38
11098	Brussels sprouts, raw	3,38
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	3,37
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	3,37
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	3,37
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	3,37
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	3,37
14347	Shake, fast food, vanilla	3,37
21463	Yogurt parfait, lowfat, with fruit and granola	3,36
01263	Ice cream, light, soft serve, chocolate	3,36
11157	Chrysanthemum, garland, raw	3,36
11698	Chrysanthemum leaves, raw	3,36
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	3,35
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	3,35
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	3,35
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	3,34
11901	Corn, sweet, white, cooked, boiled, drained, without salt	3,34
11902	Corn, sweet, white, cooked, boiled, drained, with salt	3,34
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	3,34
28368	SCHAR, Gluten-Free, Classic White Rolls	3,34
43046	Candies, nougat, with almonds	3,33
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	3,33
01060	Milk, filled, fluid, with lauric acid oil	3,33
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	3,33
11583	Vegetables, mixed, frozen, unprepared	3,33
12104	Nuts, coconut meat, raw	3,33

NDB_No	Description	Protein(g) Value Per
16203	PACE, Salsa Refried Beans	3,33
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	3,32
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	3,32
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	3,32
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	3,32
01088	Milk, buttermilk, fluid, cultured, lowfat	3,31
02063	Rosemary, fresh	3,31
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	3,31
06175	Sauce, hoisin, ready-to-serve	3,31
11987	Mushrooms, oyster, raw	3,31
28347	Pancakes, gluten-free, frozen, ready-to-heat	3,31
28374	VAN'S, Gluten Free, Totally Original Pancakes	3,31
36002	APPLEBEE'S, french fries	3,31
18354	Strudel, apple	3,30
19216	Candies, praline, prepared-from-recipe	3,30
19307	Candies, MARS SNACKFOOD US, POP'ABLES MILKY WAY Brand Bite Size Candies	3,30
19877	Ice creams, BREYERS, 98% Fat Free Vanilla	3,30
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	3,30
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	3,30
04601	Butter, light, stick, with salt	3,30
04602	Butter, light, stick, without salt	3,30
06622	SMART SOUP, Indian Bean Masala	3,30
09094	Figs, dried, uncooked	3,30
11197	Cowpeas, young pods with seeds, raw	3,30
11437	Salsify, (vegetable oyster), raw	3,30
14356	Beverages, tea, instant, decaffeinated, lemon, diet	3,30
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	3,30
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	3,30
02065	Spearmint, fresh	3,29
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	3,29
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	3,29
16004	Yokan, prepared from adzuki beans and sugar	3,29
19208	Puddings, rice, dry mix, prepared with 2% milk	3,29
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	3,29
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	3,28
36417	Restaurant, Mexican, spanish rice	3,28

NDB_No	Description	Protein(g) Value Per
01078	Milk, producer, fluid, 3.7% milkfat	3,28
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	3,28
11243	Mushrooms, portabella, grilled	3,28
11324	Peas and onions, canned, solids and liquids	3,28
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	3,28
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	3,28
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	3,27
03121	Babyfood, vegetables, peas, strained	3,27
06242	CAMPBELL'S CHUNKY Microwavable Bowls, Chicken and Dumplings Soup, ready-to-serve	3,27
06252	CAMPBELL'S CHUNKY Microwavable Bowls, Sirloin Burger with Country Vegetables Soup, ready-to-serve	3,27
06384	CAMPBELL'S CHUNKY Soups, Baked Potato with Steak & Cheese Soup	3,27
06388	CAMPBELL'S CHUNKY Soups, Beef with Country Vegetables Soup	3,27
06389	CAMPBELL'S CHUNKY Soups, Beef with White and Wild Rice Soup	3,27
06403	CAMPBELL'S CHUNKY Soups, Grilled Sirloin Steak with Hearty Vegetables Soup	3,27
06457	CAMPBELL'S CHUNKY Soups, Slow Roasted Beef with Mushrooms Soup	3,27
06462	CAMPBELL'S CHUNKY Soups, Steak 'N' Potato Soup	3,27
11007	Artichokes, (globe or french), raw	3,27
11156	Chives, raw	3,27
11167	Corn, sweet, yellow, raw	3,27
11301	Peas, edible-podded, boiled, drained, without salt	3,27
11809	Peas, edible-podded, cooked, boiled, drained, with salt	3,27
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	3,27
16120	Soymilk, original and vanilla, unfortified	3,27
27045	Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	3,26
36607	CRACKER BARREL, steak fries	3,26
01058	Sour dressing, non-butterfat, cultured, filled cream-type	3,25
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	3,25
14083	Beverages, chocolate malt, powder, prepared with fat free milk	3,25
19195	Puddings, rice, dry mix, prepared with whole milk	3,25
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	3,24
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	3,24
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	3,24
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	3,24
06097	CAMPBELL'S Red and White, Beef Consomme, condensed	3,23
06343	CAMPBELL'S Red and White, Creamy Chicken Noodle Soup, condensed	3,23
11018	Asparagus, frozen, unprepared	3,23

NDB_No	Description	Protein(g) Value Per
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	3,23
19193	Puddings, rice, ready-to-eat	3,23
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	3,23
21249	BURGER KING, french fries	3,23
28329	Cookies, chocolate, made with rice cereal	3,23
11900	Corn, sweet, white, raw	3,22
01230	Milk, buttermilk, fluid, whole	3,21
20034	Oat bran, cooked	3,21
01054	Cream, whipped, cream topping, pressurized	3,20
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	3,20
06180	Soup, shark fin, restaurant-prepared	3,20
06449	Soup, pea, green, canned, prepared with equal volume water	3,20
06965	Soup, pea, low sodium, prepared with equal volume water	3,20
11245	Lambsquarters, cooked, boiled, drained, without salt	3,20
11794	Lambsquarters, cooked, boiled, drained, with salt	3,20
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	3,20
16216	Vitasoy USA, Vitasoy Organic Classic Original Soymilk	3,20
19271	Ice creams, strawberry	3,20
20058	Rice, white, steamed, Chinese restaurant	3,20
20657	Pasta, gluten-free, corn and rice flour, cooked	3,20
28210	MURRAY, SUGAR FREE, Vanilla Sugar Wafer	3,20
36404	Restaurant, Latino, arroz con leche (rice pudding)	3,20
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	3,20
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	3,19
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	3,19
11812	Peas, green, canned, no salt added, solids and liquids	3,19
21141	BURGER KING, Vanilla Shake	3,19
21334	McDONALD'S, Strawberry Sundae	3,19
06749	Soup, beef and vegetables, canned, ready-to-serve	3,18
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	3,17
06030	Soup, clam chowder, new england, canned, condensed	3,17
06145	CAMPBELL'S Red and White, Beef Noodle Soup, condensed	3,17
06366	CAMPBELL'S Red and White, Minestrone Soup, condensed	3,17
06367	CAMPBELL'S Red and White, New England Clam Chowder, condensed	3,17
06374	CAMPBELL'S Red and White, Vegetable Soup, condensed	3,17
06992	HEALTHY REQUEST, Vegetable Soup, condensed	3,17

NDB_No	Description	Protein(g) Value Per
11096	Broccoli raab, raw	3,17
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	3,17
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	3,17
12167	Nuts, chestnuts, european, roasted	3,17
19898	Ice creams, regular, low carbohydrate, vanilla	3,17
22937	SPAGHETTIOS, SpaghettiOs in Meat Sauce	3,17
27013	CAMPBELL'S Red and White, Chicken Barley with Mushrooms Soup, condensed	3,17
27014	CAMPBELL'S Red and White, Italian Style Wedding Soup, condensed	3,17
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	3,16
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	3,16
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	3,16
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	3,16
01077	Milk, whole, 3.25% milkfat, with added vitamin D	3,15
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	3,15
02044	Basil, fresh	3,15
11295	Onion rings, breaded, par fried, frozen, unprepared	3,15
11418	Pumpkin leaves, raw	3,15
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	3,15
27052	Dip, salsa con queso, cheese and salsa- medium	3,14
03089	Babyfood, dinner, macaroni and cheese, strained	3,14
01049	Cream, fluid, half and half	3,13
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	3,13
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	3,13
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	3,13
19136	Candies, HERSHEY'S SKOR Toffee Bar	3,13
27030	PACE, Triple Pepper Salsa	3,13
28336	Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	3,13
28366	RUDI'S, Gluten-Free Bakery, Original Sandwich Bread	3,13
28367	SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies	3,13
11240	Mushrooms, morel, raw	3,12
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	3,11
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	3,11
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	3,11
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	3,11
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	3,11
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	3,11

NDB_No	Description	Protein(g) Value Per
18253	Doughnuts, french crullers, glazed	3,10
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	3,10
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	3,10
01089	Milk, low sodium, fluid	3,10
01180	Sour cream, fat free	3,10
04016	Salad dressing, sesame seed dressing, regular	3,10
06725	Soup, chicken corn chowder, chunky, ready-to-serve, single brand	3,10
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	3,10
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	3,10
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	3,10
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	3,10
20651	Rice, brown, parboiled, cooked, UNCLE BENS	3,09
06018	Soup, chunky chicken noodle, canned, ready-to-serve	3,09
11260	Mushrooms, white, raw	3,09
11310	Peas, green, canned, seasoned, solids and liquids	3,09
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	3,09
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	3,09
11938	Mushroom, white, exposed to ultraviolet light, raw	3,09
20013	Bulgur, cooked	3,08
06228	PREGO Pasta, Mini Meatball Italian Sauce, ready-to-serve	3,08
21324	McDONALD'S, Baked Apple Pie	3,07
09298	Raisins, seedless	3,07
14182	Beverages, chocolate syrup, prepared with whole milk	3,07
06045	Soup, onion, canned, condensed	3,06
11094	Broccoli, frozen, spears, unprepared	3,06
01110	Milk shakes, thick chocolate	3,05
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	3,05
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	3,05
11043	Mung beans, mature seeds, sprouted, raw	3,04
11967	Cauliflower, green, cooked, no salt added	3,04
11968	Cauliflower, green, cooked, with salt	3,04
35204	Chokecherries, raw, pitted (Northern Plains Indians)	3,04
11669	Seaweed, wakame, raw	3,03
18524	ARCHWAY Home Style Cookies, Coconut Macaroon	3,02
28309	Cookies, coconut macaroon	3,02
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	3,02

NDB_No	Description	Protein(g) Value Per
11161	Collards, raw	3,02
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	3,02
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	3,02
06216	Soup, cream of chicken, canned, prepared with equal volume milk	3,01
11306	Peas, green, canned, regular pack, solids and liquids	3,01
01200	Reddi Wip Fat Free Whipped Topping	3,00
06195	CAMPBELL'S, HEALTHY REQUEST, cream of chicken soup, condensed	3,00
06726	Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand	3,00
11370	Potatoes, hash brown, home-prepared	3,00
14197	Cocoa mix, NESTLE, Rich Chocolate Hot Cocoa Mix	3,00
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	3,00
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	3,00
18319	Pie, fried pies, fruit	3,00
18444	Pie, fried pies, cherry	3,00
18445	Pie, fried pies, lemon	3,00
19104	Candies, fudge, vanilla with nuts	3,00
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	3,00
21144	CHICK-FIL-A, hash browns	3,00
22979	KASHI Black Bean Mango, frozen, unprepared	3,00
22986	KASHI Mayan Harvest Bake, frozen, unprepared	3,00
22993	KASHI Spicy Black Bean Enchilada, frozen, unprepared	3,00
28044	KEEBLER, ANIMALS, Frosted Cookies	3,00
28291	Cookies, animal, with frosting or icing	3,00
42135	Whipped topping, frozen, low fat	3,00
42186	Frozen yogurts, chocolate	3,00
42187	Frozen yogurts, flavors other than chocolate	3,00
18141	Cake, yellow, commercially prepared, with vanilla frosting	2,99
28375	VAN'S, Gluten Free, Totally Original Waffles	2,99
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	2,99
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	2,99
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	2,99
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	2,99
11740	Broccoli, flower clusters, raw	2,98
11741	Broccoli, stalks, raw	2,98
11986	Malabar spinach, cooked	2,98
06405	CAMPBELL'S CHUNKY, HEALTHY REQUEST Chicken Noodle Soup	2,97

NDB_No	Description	Protein(g) Value Per
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	2,97
11297	Parsley, fresh	2,97
11458	Spinach, cooked, boiled, drained, without salt	2,97
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	2,97
11854	Spinach, cooked, boiled, drained, with salt	2,97
12204	Nuts, chestnuts, japanese, roasted	2,97
18948	Pie crust, refrigerated, regular, unbaked	2,97
19067	Candies, TWIZZLERS CHERRY BITES	2,97
01050	Cream, fluid, light (coffee cream or table cream)	2,96
11019	Asparagus, frozen, cooked, boiled, drained, without salt	2,95
11191	Cowpeas (blackeyes), immature seeds, raw	2,95
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	2,95
11709	Asparagus, frozen, cooked, boiled, drained, with salt	2,95
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	2,95
11965	Cauliflower, green, raw	2,95
01055	Cream, sour, reduced fat, cultured	2,94
01295	Yogurt, vanilla, non-fat	2,94
06025	Soup, chicken vegetable, canned, condensed	2,94
16223	Soymilk (All flavors), enhanced	2,94
16251	SILK Vanilla soy yogurt (single serving size)	2,94
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	2,94
25012	Snacks, sweet potato chips, unsalted	2,94
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	2,94
28328	Cookies, chocolate chip sandwich, with creme filling	2,94
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	2,94
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	2,93
10004	Pork, fresh, backfat, raw	2,92
27054	Dip, TOSTITOS, salsa con queso, medium	2,92
20047	Rice, white, long-grain, parboiled, enriched, cooked	2,91
20447	Rice, white, long-grain, parboiled, unenriched, cooked	2,91
18085	Bread stuffing, cornbread, dry mix, prepared	2,90
18110	Cake, fruitcake, commercially prepared	2,90
18196	Cookies, brownies, dry mix, sugar free	2,90
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	2,90
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	2,90
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	2,90

NDB_No	Description	Protein(g) Value Per
28081	KEEBLER, FUDGE SHOPPE, Caramel Filled Cookies	2,90
28097	KEEBLER, FUDGE SHOPPE, Merry Mint Patties, Holiday	2,90
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	2,90
06212	CAMPBELL'S, 25% Less Sodium Chicken Noodle Soup, condensed	2,90
06620	SMART SOUP, French Lentil	2,90
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	2,90
16215	Vitasoy USA, Vitasoy Organic Creamy Original Soymilk	2,90
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	2,89
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	2,89
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	2,89
19209	Puddings, tapioca, dry mix, prepared with 2% milk	2,88
06404	Soup, bean with pork, canned, prepared with equal volume water	2,88
12095	Nuts, chestnuts, chinese, boiled and steamed	2,88
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	2,88
16235	SILK Plain, soymilk	2,88
16241	SILK Plus Omega-3 DHA, soymilk	2,88
16244	SILK Unsweetened, soymilk	2,88
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	2,87
11372	Potatoes, scalloped, home-prepared with butter	2,87
11844	Potatoes, scalloped, home-prepared with margarine	2,87
27007	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Chicken Noodle Soup	2,86
27008	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Grilled Chicken & Sausage Gumbo Soup	2,86
27018	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Mexican Style Tortilla	2,86
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	2,86
06245	CAMPBELL'S CHUNKY Microwavable Bowls, Grilled Chicken and Sausage Gumbo, ready-to-serve	2,86
06251	CAMPBELL'S CHUNKY Microwavable Bowls, Old Fashioned Vegetable Beef Soup, ready-to-serve	2,86
06387	CAMPBELL'S CHUNKY Soups, Beef Rib Roast with Potatoes & Herbs Soup	2,86
06392	CAMPBELL'S CHUNKY Soups, Chicken Broccoli Cheese & Potato Soup	2,86
06393	CAMPBELL'S CHUNKY Soups, Chicken Corn Chowder	2,86
06396	CAMPBELL'S CHUNKY Soups, Fajita Chicken with Rice & Beans Soup	2,86
06399	CAMPBELL'S CHUNKY Soups, Grilled Chicken & Sausage Gumbo Soup	2,86
06438	CAMPBELL'S CHUNKY Soups, Salisbury Steak with Mushrooms & Onions Soup	2,86
06439	CAMPBELL'S CHUNKY Soups, Savory Chicken with White & Wild Rice Soup	2,86
06441	CAMPBELL'S CHUNKY Soups, Savory Pot Roast Soup	2,86
06537	CAMPBELL'S Homestyle HEALTHY REQUEST Mexican Style Chicken Tortilla	2,86
06541	CAMPBELL'S Homestyle Italian-Style Wedding Soup	2,86

NDB_No	Description	Protein(g) Value Per
06543	CAMPBELL'S Homestyle Mexican Style Chicken Tortilla Soup	2,86
11270	Mustard greens, raw	2,86
11366	Potatoes, boiled, cooked in skin, skin, without salt	2,86
11457	Spinach, raw	2,86
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	2,86
11832	Potatoes, boiled, cooked in skin, skin, with salt	2,86
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	2,86
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	2,86
01053	Cream, fluid, heavy whipping	2,84
11236	Kale, frozen, cooked, boiled, drained, without salt	2,84
11791	Kale, frozen, cooked, boiled, drained, with salt	2,84
19199	Puddings, tapioca, dry mix, prepared with whole milk	2,84
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	2,83
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	2,82
11090	Broccoli, raw	2,82
27062	Soup, beef barley, ready to serve	2,81
11092	Broccoli, frozen, chopped, unprepared	2,81
11461	Spinach, canned, regular pack, drained solids	2,81
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	2,80
09322	Tamarinds, raw	2,80
11199	Yardlong bean, raw	2,80
11300	Peas, edible-podded, raw	2,80
11302	Peas, edible-podded, frozen, unprepared	2,80
11622	Kale, scotch, raw	2,80
14195	Beverages, Cocoa mix, NESTLE, Hot Cocoa Mix Rich Chocolate With Marshmallows	2,80
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	2,80
18309	Pie, cherry, prepared from recipe	2,80
18314	Pie, coconut cream, prepared from mix, no-bake type	2,80
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	2,80
21387	BURGER KING, Hash Brown Rounds	2,80
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	2,79
11525	Taro, tahitian, raw	2,79
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	2,78
22930	SPAGHETTIOS, Spaghetti in Tomato & Cheese Sauce	2,78
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	2,77
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	2,76

NDB_No	Description	Protein(g) Value Per
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	2,76
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	2,76
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	2,76
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	2,75
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	2,75
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	2,75
06246	Soup, cream of onion, canned, prepared with equal volume milk	2,74
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	2,74
19321	Puddings, banana, dry mix, regular, prepared with whole milk	2,74
20037	Rice, brown, long-grain, cooked	2,74
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	2,73
11438	Salsify, cooked, boiled, drained, without salt	2,73
11852	Salsify, cooked, boiled, drained, with salt	2,73
18082	Bread stuffing, bread, dry mix, prepared	2,73
21380	McDONALD'S, Fruit 'n Yogurt Parfait	2,73
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	2,73
11419	Pumpkin leaves, cooked, boiled, drained, without salt	2,72
11521	Taro leaves, cooked, steamed, without salt	2,72
11848	Pumpkin leaves, cooked, boiled, drained, with salt	2,72
11879	Taro, leaves, cooked, steamed, with salt	2,72
28346	Waffles, gluten-free, frozen, ready-to-heat	2,72
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	2,72
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	2,71
11162	Collards, cooked, boiled, drained, without salt	2,71
11768	Collards, cooked, boiled, drained, with salt	2,71
11953	Squash, zucchini, baby, raw	2,71
35205	Stinging Nettles, blanched (Northern Plains Indians)	2,71
18306	Pie, blueberry, prepared from recipe	2,70
19194	Puddings, rice, dry mix	2,70
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	2,70
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	2,70
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	2,70
31031	Potatoes, french fried, cross cut, frozen, unprepared	2,70
06728	Soup, potato ham chowder, chunky, ready-to-serve, single brand	2,70
06740	Soup, chicken vegetable, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	2,70
06989	CAMPBELL'S HEALTHY REQUEST, Homestyle Chicken Noodle Soup, condensed	2,70

NDB_No	Description	Protein(g) Value Per
11207	Dandelion greens, raw	2,70
20045	Rice, white, long-grain, regular, enriched, cooked	2,69
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	2,69
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	2,69
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	2,69
03068	Babyfood, dinner, chicken noodle, strained	2,69
11163	Collards, frozen, chopped, unprepared	2,69
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	2,68
11414	Potato salad, home-prepared	2,68
11235	Kale, frozen, unprepared	2,66
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	2,66
11950	Mushrooms, enoki, raw	2,66
28335	Cookies, gluten-free, vanilla sandwich, with creme filling	2,66
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	2,65
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	2,65
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	2,64
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	2,64
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	2,64
11497	Succotash, (corn and limas), canned, with cream style corn	2,64
16250	SILK Vanilla soy yogurt (family size)	2,64
16252	SILK Plain soy yogurt	2,64
11009	Artichokes, (globe or french), frozen, unprepared	2,63
11356	Potatoes, Russet, flesh and skin, baked	2,63
20092	Pasta, gluten-free, corn, cooked	2,63
16228	Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D	2,62
19319	Puddings, banana, dry mix, instant, prepared with whole milk	2,62
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	2,62
35200	Prairie Turnips, raw (Northern Plains Indians)	2,62
27042	Soup, clam chowder, new england, canned, ready-to-serve	2,61
28300	Cookies, oatmeal sandwich, with creme filling	2,61
01199	Cream, half and half, fat free	2,60
03090	Babyfood, dinner, macaroni and cheese, junior	2,60
03289	Babyfood, apples with ham, strained	2,60
06125	Gravy, turkey, canned, ready-to-serve	2,60
11026	Bamboo shoots, raw	2,60
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	2,60

NDB_No	Description	Protein(g) Value Per
11203	Cress, garden, raw	2,60
11254	Lotus root, raw	2,60
11350	Pokeberry shoots, (poke), raw	2,60
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	2,60
11503	Swamp cabbage, (skunk cabbage), raw	2,60
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	2,60
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	2,60
18322	Pie, mince, prepared from recipe	2,60
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	2,60
19188	Puddings, chocolate, dry mix, regular	2,60
21313	McDONALD'S, Hot Mustard Sauce	2,60
28086	KEEBLER, FUDGE SHOPPE, Fudge Sticks	2,60
19308	Candies, MARS SNACKFOOD US, POP'ABLES 3 MUSKETEERS Brand Bite Size Candies	2,59
11581	Vegetables, mixed, canned, drained solids	2,59
21026	Fast foods, potatoes, hash browns, round pieces or patty	2,58
27001	Soup, hot and sour, Chinese restaurant	2,58
11959	Arugula, raw	2,58
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	2,57
11087	Beet greens, cooked, boiled, drained, without salt	2,57
11362	Potatoes, raw, skin	2,57
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	2,57
11736	Beet greens, cooked, boiled, drained, with salt	2,57
11271	Mustard greens, cooked, boiled, drained, without salt	2,56
11799	Mustard greens, cooked, boiled, drained, with salt	2,56
19112	Candies, TWIZZLERS Strawberry Twists Candy	2,56
31029	Potatoes, french fried, wedge cut, frozen, unprepared	2,56
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	2,55
09139	Guavas, common, raw	2,55
11099	Brussels sprouts, cooked, boiled, drained, without salt	2,55
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	2,55
11745	Brussels sprouts, cooked, boiled, drained, with salt	2,55
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	2,55
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	2,54
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	2,54
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	2,54
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	2,54

NDB_No	Description	Protein(g) Value Per
06315	Soup, HEALTHY CHOICE Chicken and Rice Soup, canned	2,53
11200	Yardlong bean, cooked, boiled, drained, without salt	2,53
11899	Yardlong bean, cooked, boiled, drained, with salt	2,53
06032	Soup, beef broth bouillon and consommé, canned, condensed	2,52
06172	Soup, stock, chicken, home-prepared	2,52
09299	Raisins, seeded	2,52
11961	Hearts of palm, canned	2,52
03303	Babyfood, dinner, sweet potatoes and chicken, strained	2,51
06044	Soup, mushroom with beef stock, canned, condensed	2,51
06248	Soup, oyster stew, canned, prepared with equal volume milk	2,51
06358	Soup, tomato bisque, canned, prepared with equal volume milk	2,51
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	2,51
03045	Babyfood, dinner, macaroni and tomato and beef, junior	2,50
03127	Babyfood, vegetables, spinach, creamed, strained	2,50
03201	Babyfood, cereal, egg yolks and bacon, junior	2,50
03287	Babyfood, dinner, beef noodle, junior	2,50
06972	Sauce, tomato chili sauce, bottled, with salt	2,50
09163	Blueberries, dried, sweetened	2,50
11266	Mushrooms, brown, italian, or crimini, raw	2,50
11674	Potatoes, baked, flesh and skin, without salt	2,50
11677	Shallots, raw	2,50
11828	Potatoes, baked, flesh and skin, with salt	2,50
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	2,50
14231	Beverages, KRAFT, coffee, instant, French Vanilla Café	2,50
19144	Candies, NESTLE, 100 GRAND Bar	2,50
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	2,50
42119	Babyfood, banana juice with low fat yogurt	2,50
06426	Soup, chili beef, canned, prepared with equal volume water	2,49
11272	Mustard greens, frozen, unprepared	2,49
11505	Sweet potato leaves, raw	2,49
36030	DENNY'S, hash browns	2,49
36039	Restaurant, family style, hash browns	2,49
21319	McDONALD'S, Hash Brown	2,48
22899	Ravioli, cheese-filled, canned	2,48
01069	Cream substitute, powdered	2,48
11490	Squash, winter, hubbard, baked, without salt	2,48

NDB_No	Description	Protein(g) Value Per
11868	Squash, winter, hubbard, baked, with salt	2,48
03073	Babyfood, dinner, vegetables chicken, strained	2,47
11574	Turnip greens, frozen, unprepared	2,47
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	2,47
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	2,47
16236	SILK Vanilla, soymilk	2,47
16238	SILK Light Plain, soymilk	2,47
16239	SILK Light Vanilla, soymilk	2,47
16242	SILK Plus for Bone Health, soymilk	2,47
16243	SILK Plus Fiber, soymilk	2,47
16245	SILK Very Vanilla, soymilk	2,47
16247	SILK Chai, soymilk	2,47
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	2,47
31027	Potatoes, yellow fleshed, french fried, frozen, unprepared	2,47
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	2,46
11003	Amaranth leaves, raw	2,46
11576	Turnip greens and turnips, frozen, unprepared	2,46
16246	SILK Nog, soymilk	2,46
06244	CAMPBELL'S CHUNKY Microwavable Bowls, Classic Chicken Noodle, ready-to-serve	2,45
06250	CAMPBELL'S CHUNKY Microwavable Bowls, New England Clam Chowder, ready-to-serve	2,45
06400	CAMPBELL'S CHUNKY Soups, Grilled Chicken with Vegetables & Pasta Soup	2,45
06418	CAMPBELL'S CHUNKY Soups, Hearty Chicken with Vegetables Soup	2,45
06433	CAMPBELL'S CHUNKY Soups, Old Fashioned Potato Ham Chowder	2,45
06529	CAMPBELL'S Homestyle Light New England Clam Chowder	2,45
06548	CAMPBELL'S Homestyle Chicken with White & Wild Rice Soup	2,45
06617	CAMPBELL'S Homestyle Light Italian-Style Wedding Soup	2,45
09087	Dates, deglet noor	2,45
27017	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Italian Wedding Soup	2,45
01056	Cream, sour, cultured	2,44
03047	Babyfood, dinner, beef noodle, strained	2,44
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	2,44
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	2,44
06072	Soup, vegetable with beef broth, canned, condensed	2,42
06091	CAMPBELL'S Red and White, Beef Broth, condensed	2,42
06342	CAMPBELL'S Red and White, Cream of Shrimp Soup, condensed	2,42
06353	CAMPBELL'S Red and White, Fiesta Nacho Cheese Soup, condensed	2,42

NDB_No	Description	Protein(g) Value Per
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	2,42
06402	Soup, black bean, canned, prepared with equal volume water	2,42
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	2,42
12097	Nuts, chestnuts, european, raw, unpeeled	2,42
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	2,41
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	2,41
11908	Corn, sweet, white, canned, vacuum pack, regular pack	2,41
11909	Corn, sweet, white, canned, vacuum pack, no salt added	2,41
18090	Cake, boston cream pie, commercially prepared	2,40
18095	Cake, cherry fudge with chocolate frosting	2,40
18302	Pie, apple, prepared from recipe	2,40
19220	Desserts, rennin, chocolate, dry mix	2,40
28094	KEEBLER, FUDGE SHOPPE, Jumbo Fudge Sticks, Vanilla	2,40
31030	Potatoes, french fried, steak cut, salt not added in processing, frozen, unprepared	2,40
42120	Babyfood, mixed fruit juice with low fat yogurt	2,40
01074	Sour cream, imitation, cultured	2,40
06226	PREGO Pasta, Italian Sausage and Garlic Italian Sauce, ready-to-serve	2,40
06231	PREGO Pasta, Mushroom and Parmesan Italian Sauce, ready-to-serve	2,40
06234	PREGO Pasta, Heart Smart- Ricotta Parmesan Italian Sauce, ready-to-serve	2,40
06736	Soup, cream of chicken, canned, condensed, single brand	2,40
06986	CAMPBELL'S HEALTHY REQUEST, Chicken Noodle Soup, condensed	2,40
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	2,40
09214	Orange juice, frozen concentrate, unsweetened, undiluted	2,40
11012	Asparagus, cooked, boiled, drained	2,40
11705	Asparagus, cooked, boiled, drained, with salt	2,40
19100	Candies, fudge, chocolate, prepared-from-recipe	2,39
20051	Rice, white, medium-grain, enriched, cooked	2,38
20451	Rice, white, medium-grain, cooked, unenriched	2,38
22931	SPAGHETTIOS, SpaghettiOs Original	2,38
22932	SPAGHETTIOS, SpaghettiOs A to Z's	2,38
22938	SPAGHETTIOS, SpaghettiOs plus Calcium	2,38
27015	CAMPBELL'S Red and White, PHINEAS and FERB Soup, condensed	2,38
06003	CAMPBELL'S Red and White, Beefy Mushroom Soup, condensed	2,38
06016	Soup, cream of chicken, canned, condensed	2,38
06041	CAMPBELL'S Red and White, Chicken and Dumplings Soup, condensed	2,38
06047	CAMPBELL'S Red and White, Chicken and Stars Soup, condensed	2,38

NDB_No	Description	Protein(g) Value Per
06054	CAMPBELL'S Red and White, Chicken Alphabet Soup, condensed	2,38
06082	CAMPBELL'S Red and White, Chicken NOODLEO's Soup, condensed	2,38
06084	CAMPBELL'S Red and White, Chicken Vegetable Soup, condensed	2,38
06311	CAMPBELL'S Red and White, Chicken Won Ton Soup, condensed	2,38
06349	CAMPBELL'S Red and White, SCOOBY-DOO Soup, condensed	2,38
06350	CAMPBELL'S Red and White, DOUBLE NOODLE in Chicken Broth Soup, condensed	2,38
06357	CAMPBELL'S Red and White, GOLDFISH Pasta with Chicken in Chicken Broth, condensed	2,38
06365	CAMPBELL'S Red and White, Mega Noodle in Chicken Broth, condensed	2,38
06373	CAMPBELL'S Red and White, Vegetarian Vegetable Soup, condensed	2,38
06990	HEALTHY REQUEST, Minestrone Soup, condensed	2,38
11091	Broccoli, cooked, boiled, drained, without salt	2,38
11400	Potatoes, frozen, whole, unprepared	2,38
11742	Broccoli, cooked, boiled, drained, with salt	2,38
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	2,38
03069	Babyfood, dinner, chicken noodle, junior	2,37
03083	Babyfood, dinner, turkey and rice, junior	2,37
06019	Soup, chicken noodle, canned, condensed	2,37
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	2,37
06547	Soup, beef mushroom, canned, prepared with equal volume water	2,37
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	2,37
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	2,37
02054	Capers, canned	2,36
03044	Babyfood, dinner, macaroni and tomato and beef, strained	2,36
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	2,36
06363	CAMPBELL'S, Homestyle Chicken Noodle Soup, condensed	2,36
20053	Rice, white, short-grain, enriched, cooked	2,36
20453	Rice, white, short-grain, cooked, unenriched	2,36
11671	Potatoes, o'brien, home-prepared	2,35
16253	SILK Strawberry soy yogurt	2,35
16254	SILK Raspberry soy yogurt	2,35
16255	SILK Peach soy yogurt	2,35
16256	SILK Black Cherry soy yogurt	2,35
16257	SILK Blueberry soy yogurt	2,35
16258	SILK Key Lime soy yogurt	2,35
16259	SILK Banana-Strawberry soy yogurt	2,35
22965	SPAGHETTIOS, SpaghettiOs Original, easy open	2,35

NDB_No	Description	Protein(g) Value Per
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	2,34
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	2,33
06253	Soup, cream of potato, canned, prepared with equal volume milk	2,33
06545	CAMPBELL'S Homestyle New England Clam Chowder	2,33
11184	Corn with red and green peppers, canned, solids and liquids	2,33
03084	Babyfood, dinner, vegetables and turkey, strained	2,32
06391	CAMPBELL'S CHUNKY, Creamy Chicken and Dumplings Soup	2,32
11905	Corn, sweet, white, canned, whole kernel, drained solids	2,32
20041	Rice, brown, medium-grain, cooked	2,32
19866	Candies, soft fruit and nut squares	2,31
06236	PREGO Pasta, Roasted Garlic Parmesan Italian Sauce, ready-to-serve	2,31
11063	Beans, snap, green, microwaved	2,31
03283	Babyfood, vegetables, garden vegetable, strained	2,30
06734	Soup, chicken with star-shaped pasta, canned, condensed, single brand	2,30
09428	Rowal, raw	2,30
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	2,30
11358	Potatoes, red, flesh and skin, baked	2,30
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	2,30
11591	Watercress, raw	2,30
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	2,30
19092	Candies, TWIZZLERS NIBS CHERRY BITS	2,30
19184	Puddings, chocolate, dry mix, instant	2,30
19246	Frostings, white, fluffy, dry mix	2,30
19400	Snacks, banana chips	2,30
19524	Snacks, taro chips	2,30
06210	Soup, cream of celery, canned, prepared with equal volume milk	2,29
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	2,29
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	2,29
12129	Nuts, ginkgo nuts, canned	2,29
25027	Snacks, plantain chips, salted	2,28
03082	Babyfood, dinner, turkey and rice, strained	2,27
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	2,27
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	2,27
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	2,26
20006	Barley, pearled, cooked	2,26
06174	Soup, stock, fish, home-prepared	2,26

NDB_No	Description	Protein(g) Value Per
16166	Soymilk, chocolate, unfortified	2,26
16168	Soymilk, chocolate, with added calcium, vitamins A and D	2,26
12202	Nuts, chestnuts, japanese, raw	2,25
11238	Mushrooms, shiitake, raw	2,24
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	2,24
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	2,24
06471	Soup, vegetable beef, canned, prepared with equal volume water	2,23
09039	Avocados, raw, Florida	2,23
27064	Wasabi	2,23
22914	Pasta with tomato sauce, no meat, canned	2,22
06056	Soup, cream of shrimp, canned, condensed	2,22
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	2,22
11361	Potatoes, roasted, salt added in processing, frozen, unprepared	2,22
03053	Babyfood, dinner, vegetables and beef, strained	2,21
03054	Babyfood, dinner, vegetables and beef, junior	2,21
19083	Candies, sweet chocolate coated fondant	2,20
19085	Candies, confectioner's coating, butterscotch	2,20
03096	Babyfood, vegetable, green beans and potatoes	2,20
03199	Babyfood, cereal, with eggs, strained	2,20
06046	Soup, cream of onion, canned, condensed	2,20
06217	Soup, vegetable, canned, low sodium, condensed	2,20
09231	Passion-fruit, (granadilla), purple, raw	2,20
11011	Asparagus, raw	2,20
11086	Beet greens, raw	2,20
11274	Mustard spinach, (tendergreen), raw	2,20
19091	Candies, YORK Peppermint Pattie	2,19
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	2,19
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	2,19
28357	GLUTINO, Gluten Free Cookies, Vanilla Creme	2,19
03061	Babyfood, dinner, vegetables and ham, strained	2,19
06411	Soup, cheese, canned, prepared with equal volume water	2,19
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	2,19
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	2,19
06152	Sauce, pizza, canned, ready-to-serve	2,18
09291	Plums, dried (prunes), uncooked	2,18
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	2,18

NDB_No	Description	Protein(g) Value Per
11506	Sweet potato leaves, cooked, steamed, without salt	2,18
11874	Sweet potato leaves, cooked, steamed, with salt	2,18
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	2,18
18944	Pie, Dutch Apple, Commercially Prepared	2,17
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	2,17
43015	Salad dressing, caesar dressing, regular	2,17
01052	Cream, fluid, light whipping	2,17
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	2,17
11261	Mushrooms, white, cooked, boiled, drained, without salt	2,17
11318	Peas and carrots, canned, regular pack, solids and liquids	2,17
11797	Mushrooms, white, cooked, boiled, drained, with salt	2,17
11816	Peas and carrots, canned, no salt added, solids and liquids	2,17
03297	Babyfood, dinner, apples and chicken, strained	2,16
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	2,16
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	2,16
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	2,14
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	2,14
11015	Asparagus, canned, drained solids	2,14
11353	Potatoes, russet, flesh and skin, raw	2,14
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	2,14
06039	Soup, minestrone, canned, chunky, ready-to-serve	2,13
06316	Soup, HEALTHY CHOICE Garden Vegetable Soup, canned	2,13
11165	Coriander (cilantro) leaves, raw	2,13
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	2,13
11399	Potato puffs, frozen, oven-heated	2,13
11555	Tomato products, canned, sauce, with herbs and cheese	2,13
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	2,12
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	2,12
01264	Ice cream bar, stick or nugget, with crunch coating	2,11
11004	Amaranth leaves, cooked, boiled, drained, without salt	2,11
11265	Mushrooms, portabella, raw	2,11
11459	Spinach, canned, regular pack, solids and liquids	2,11
11700	Amaranth leaves, cooked, boiled, drained, with salt	2,11
11855	Spinach, canned, no salt added, solids and liquids	2,11
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	2,11
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	2,10

NDB_No	Description	Protein(g) Value Per
03067	Babyfood, dinner, vegetables and lamb, junior	2,10
04028	Salad dressing, mayonnaise, imitation, milk cream	2,10
06017	Soup, chicken gumbo, canned, condensed	2,10
06584	Soup, broccoli cheese, canned, condensed, commercial	2,10
09423	Prune puree	2,10
11224	Hyacinth-beans, immature seeds, raw	2,10
11357	Potatoes, white, flesh and skin, baked	2,10
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	2,10
11620	Drumstick pods, raw	2,10
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	2,10
14181	Beverages, chocolate syrup	2,10
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	2,10
18313	Pie, coconut creme, commercially prepared	2,10
42153	Salad dressing, blue or roquefort cheese dressing, light	2,10
19183	Puddings, chocolate, ready-to-eat	2,09
11105	Burdock root, cooked, boiled, drained, without salt	2,09
11621	Drumstick pods, cooked, boiled, drained, without salt	2,09
11747	Burdock root, cooked, boiled, drained, with salt	2,09
11787	Drumstick pods, cooked, boiled, drained, with salt	2,09
27002	Soup, wonton, Chinese restaurant	2,08
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	2,08
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	2,08
19909	Sweeteners, sugar substitute, granulated, brown	2,06
09321	Sugar-apples, (sweetsop), raw	2,06
11390	Potatoes, hash brown, frozen, plain, unprepared	2,06
16237	SILK Chocolate, soymilk	2,06
16240	SILK Light Chocolate, soymilk	2,06
16248	SILK Mocha, soymilk	2,06
16249	SILK Coffee, soymilk	2,06
11352	Potatoes, flesh and skin, raw	2,05
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	2,05
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	2,05
03274	Babyfood, dinner, vegetables and chicken, junior	2,04
06383	CAMPBELL'S CHUNKY Soups, Baked Potato with Cheddar & Bacon Bits Soup	2,04
06429	CAMPBELL'S CHUNKY Soups, Manhattan Clam Chowder	2,04
06505	CAMPBELL'S Red and White - Microwaveable Bowls, Vegetable Beef Soup	2,04

NDB_No	Description	Protein(g) Value Per
27009	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST New England Clam Chowder	2,04
31028	Potatoes, yellow fleshed, hash brown, shredded, salt added in processing, frozen, unprepared	2,04
03055	Babyfood, dinner, beef with vegetables	2,03
08182	Cereals, WHEATENA, cooked with water, with salt	2,03
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	2,03
11427	Purslane, raw	2,03
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	2,03
03062	Babyfood, dinner, vegetables and ham, junior	2,02
06413	Soup, chicken broth, canned, prepared with equal volume water	2,02
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	2,02
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	2,02
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	2,02
19233	Puddings, vanilla, ready-to-eat, fat free	2,02
20055	Rice, white, glutinous, unenriched, cooked	2,02
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	2,01
11137	Cauliflower, frozen, unprepared	2,01
11508	Sweet potato, cooked, baked in skin, flesh, without salt	2,01
11875	Sweet potato, cooked, baked in skin, flesh, with salt	2,01
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	2,00
03066	Babyfood, dinner, vegetables and lamb, strained	2,00
03075	Babyfood, dinner, vegetables, noodles and chicken, strained	2,00
03114	Babyfood, vegetable, butternut squash and corn	2,00
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	2,00
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	2,00
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	2,00
06619	SMART SOUP, Santa Fe Corn Chowder	2,00
06623	SMART SOUP, Moroccan Chick Pea	2,00
06963	Fish broth	2,00
06970	Soup, chicken broth, low sodium, canned	2,00
08143	Cereals, WHEATENA, cooked with water	2,00
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	2,00
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	2,00
09037	Avocados, raw, all commercial varieties	2,00
11114	Cabbage, savoy, raw	2,00
11190	Cornsalad, raw	2,00
11208	Dandelion greens, cooked, boiled, drained, without salt	2,00

NDB_No	Description	Protein(g) Value Per
11226	Jerusalem-artichokes, raw	2,00
11489	Squash, winter, hubbard, raw	2,00
11616	Dock, raw	2,00
11670	Peppers, hot chili, green, raw	2,00
11782	Dandelion greens, cooked, boiled, drained, with salt	2,00
12101	Nuts, chestnuts, european, boiled and steamed	2,00
18308	Pie, cherry, commercially prepared	2,00
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	2,00
19436	Popcorn, sugar syrup/caramel, fat-free	2,00
22997	KASHI, Tuscan Veggie Bake, Frozen Entree	2,00
43214	Butter replacement, without fat, powder	2,00
31026	Potatoes, yellow fleshed, roasted, salt added in processing, frozen, unprepared	1,99
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	1,98
11062	Beans, snap, green, frozen, all styles, microwaved	1,98
11514	Sweet potato, canned, mashed	1,98
14179	Beverages, coffee, ready to drink, milk based, sweetened	1,98
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	1,97
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	1,97
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	1,97
06024	Soup, chicken and vegetable, canned, ready-to-serve	1,97
06170	Soup, stock, beef, home-prepared	1,97
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	1,97
31036	Potatoes, mashed, ready-to-eat	1,97
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	1,97
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	1,97
22971	Potato salad with egg	1,96
43401	Beverages, coffee, instant, with whitener, reduced calorie	1,96
09038	Avocados, raw, California	1,96
11363	Potatoes, baked, flesh, without salt	1,96
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	1,96
11660	Tomatoes, red, ripe, cooked, stewed	1,96
11829	Potatoes, baked, flesh, with salt	1,96
19218	Puddings, tapioca, ready-to-eat	1,95
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	1,95
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	1,95
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	1,95

NDB_No	Description	Protein(g) Value Per
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	1,95
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	1,95
11993	Mushrooms, maitake, raw	1,94
06409	Soup, beef noodle, canned, prepared with equal volume water	1,93
06631	Sauce, hot chile, sriracha	1,93
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	1,93
11278	Okra, raw	1,93
11398	Potato puffs, frozen, unprepared	1,93
19235	Puddings, chocolate, ready-to-eat, fat free	1,93
03059	Babyfood, dinner, vegetables and bacon, strained	1,92
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	1,92
11135	Cauliflower, raw	1,92
11657	Potatoes, mashed, home-prepared, whole milk added	1,91
03197	Babyfood, cereal, with egg yolks, strained	1,90
03198	Babyfood, cereal, with egg yolks, junior	1,90
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	1,90
09138	Groundcherries, (cape-gooseberries or poha), raw	1,90
11204	Cress, garden, cooked, boiled, drained, without salt	1,90
11234	Kale, cooked, boiled, drained, without salt	1,90
11623	Kale, scotch, cooked, boiled, drained, without salt	1,90
11781	Cress, garden, cooked, boiled, drained, with salt	1,90
11790	Kale, cooked, boiled, drained, with salt	1,90
11792	Kale, scotch, cooked, boiled, drained, with salt	1,90
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	1,90
18301	Pie, apple, commercially prepared, enriched flour	1,90
18323	Pie, peach	1,90
18443	Pie, apple, commercially prepared, unenriched flour	1,90
42136	Cream substitute, powdered, light	1,90
42278	Babyfood, vegetable and brown rice, strained	1,90
43017	Salad dressing, green goddess, regular	1,90
21343	McDONALD'S, Low Fat Caramel Sauce	1,89
11053	Beans, snap, green, cooked, boiled, drained, without salt	1,89
11355	Potatoes, red, flesh and skin, raw	1,89
11723	Beans, snap, green, cooked, boiled, drained, with salt	1,89
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	1,89
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	1,89

NDB_No	Description	Protein(g) Value Per
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	1,88
09149	Kumquats, raw	1,88
11148	Chard, swiss, cooked, boiled, drained, without salt	1,88
11765	Chard, swiss, cooked, boiled, drained, with salt	1,88
09259	Pears, dried, sulfured, uncooked	1,87
11264	Mushrooms, canned, drained solids	1,87
11279	Okra, cooked, boiled, drained, without salt	1,87
11365	Potatoes, boiled, cooked in skin, flesh, without salt	1,87
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	1,87
11803	Okra, cooked, boiled, drained, with salt	1,87
11819	Peppers, hot chili, red, raw	1,87
11831	Potatoes, boiled, cooked in skin, flesh, with salt	1,87
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	1,86
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	1,86
11934	Potatoes, mashed, home-prepared, whole milk and butter added	1,86
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	1,84
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	1,84
06023	Soup, chicken with rice, canned, condensed	1,84
06309	CAMPBELL'S, Chicken with Rice Soup, condensed	1,84
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	1,84
11136	Cauliflower, cooked, boiled, drained, without salt	1,84
11761	Cauliflower, cooked, boiled, drained, with salt	1,84
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	1,83
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	1,83
11052	Beans, snap, green, raw	1,83
11291	Onions, spring or scallions (includes tops and bulb), raw	1,83
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	1,82
06001	Soup, cream of asparagus, canned, condensed	1,82
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	1,82
08113	Cereals, farina, enriched, cooked with water, without salt	1,82
08173	Cereals, farina, enriched, cooked with water, with salt	1,82
11216	Ginger root, raw	1,82
11722	Beans, snap, yellow, raw	1,82
11972	Lemon grass (citronella), raw	1,82
09421	Dates, medjool	1,81
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	1,80

NDB_No	Description	Protein(g) Value Per
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	1,80
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	1,80
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	1,80
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	1,80
06219	CAMPBELL'S, 98% Fat Free Cream of Chicken Soup, condensed	1,80
06549	Soup, chicken mushroom, canned, prepared with equal volume water	1,80
06955	Soup, cream of chicken, canned, condensed, reduced sodium	1,80
11013	Asparagus, canned, regular pack, solids and liquids	1,80
11115	Cabbage, savoy, cooked, boiled, drained, without salt	1,80
11147	Chard, swiss, raw	1,80
11242	Kohlrabi, cooked, boiled, drained, without salt	1,80
11613	Borage, raw	1,80
11707	Asparagus, canned, no salt added, solids and liquids	1,80
11730	Beans, snap, yellow, frozen, all styles, unprepared	1,80
11753	Cabbage, savoy, cooked, boiled, drained, with salt	1,80
11793	Kohlrabi, cooked, boiled, drained, with salt	1,80
14168	Beverages, Carob-flavor beverage mix, powder	1,80
18305	Pie, blueberry, commercially prepared	1,80
19116	Candies, marshmallows	1,80
43125	Beans, liquid from stewed kidney beans	1,80
43331	Salad dressing, bacon and tomato	1,80
11060	Beans, snap, green, frozen, all styles, unprepared	1,79
20134	Rice noodles, cooked	1,79
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	1,78
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	1,78
09451	Horned melon (Kiwano)	1,78
19181	Candies, YORK BITES	1,78
06440	Soup, minestrone, canned, prepared with equal volume water	1,77
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	1,77
03246	Babyfood, dessert, custard pudding, vanilla, junior	1,76
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	1,76
06158	Soup, tomato bisque, canned, condensed	1,76
06336	CAMPBELL'S, Cream of Chicken Soup, condensed	1,76
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	1,76
11050	Beans, shellie, canned, solids and liquids	1,76
11487	Squash, winter, butternut, frozen, unprepared	1,76

NDB_No	Description	Protein(g) Value Per
01076	Milk substitutes, fluid, with lauric acid oil	1,75
19186	Desserts, apple crisp, prepared-from-recipe	1,75
31021	Potatoes, hash brown, refrigerated, unprepared	1,75
06028	Soup, clam chowder, manhattan, canned, condensed	1,74
11174	Corn, sweet, yellow, canned, cream style, regular pack	1,74
11772	Corn, sweet, yellow, canned, cream style, no salt added	1,74
11906	Corn, sweet, white, canned, cream style, regular pack	1,74
11907	Corn, sweet, white, canned, cream style, no salt added	1,74
11977	Peppers, serrano, raw	1,74
11259	Mountain yam, hawaii, cooked, steamed, without salt	1,73
11927	Mountain yam, hawaii, cooked, steamed, with salt	1,73
03085	Babyfood, dinner, vegetables and turkey, junior	1,72
06048	Soup, oyster stew, canned, condensed	1,72
06068	Soup, vegetarian vegetable, canned, condensed	1,72
09144	Jackfruit, raw	1,72
11028	Bamboo shoots, canned, drained solids	1,72
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	1,71
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	1,71
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	1,71
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	1,71
11367	Potatoes, boiled, cooked without skin, flesh, without salt	1,71
11516	Sweet potato, frozen, unprepared	1,71
11517	Sweet potato, frozen, cooked, baked, without salt	1,71
11833	Potatoes, boiled, cooked without skin, flesh, with salt	1,71
11877	Sweet potato, frozen, cooked, baked, with salt	1,71
03076	Babyfood, dinner, vegetables, noodles and chicken, junior	1,70
03077	Babyfood, dinner, pasta with vegetables	1,70
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	1,70
06621	SMART SOUP, Greek Minestrone	1,70
11152	Chicory greens, raw	1,70
11241	Kohlrabi, raw	1,70
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	1,70
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	1,70
31024	Sweet Potatoes, french fried, crosscut, frozen, unprepared	1,70
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	1,69
06317	Gravy, CAMPBELL'S, beef, fat free	1,69

NDB_No	Description	Protein(g) Value Per
06318	Gravy, CAMPBELL'S, country style cream	1,69
06320	Gravy, CAMPBELL'S, chicken, fat free	1,69
06321	Gravy, CAMPBELL'S, golden pork	1,69
06324	Gravy, CAMPBELL'S, beef, microwavable	1,69
06326	Gravy, CAMPBELL'S, turkey	1,69
06327	Gravy, FRANCO-AMERICAN, beef, slow roast, fat free	1,69
06328	Gravy, FRANCO-AMERICAN, chicken, slow roast, fat free	1,69
06329	Gravy, FRANCO-AMERICAN, beef, slow roast	1,69
06330	Gravy, FRANCO-AMERICAN, chicken, slow roast	1,69
06331	Gravy, FRANCO-AMERICAN, turkey, slow roast	1,69
06996	Gravy, CAMPBELL'S, au jus	1,69
06997	Gravy, CAMPBELL'S, beef	1,69
11280	Okra, frozen, unprepared	1,69
11081	Beets, cooked, boiled, drained	1,68
11354	Potatoes, white, flesh and skin, raw	1,68
11445	Seaweed, kelp, raw	1,68
11734	Beets, cooked, boiled, drained, with salt	1,68
19153	Candies, NESTLE, AFTER EIGHT Mints	1,67
06323	Gravy, CAMPBELL'S, turkey, fat free	1,67
06332	Gravy, CAMPBELL'S, turkey, microwavable	1,67
06599	PACE, Enchilada Sauce	1,67
08511	Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	1,67
09286	Pomegranates, raw	1,67
11976	Pepper, banana, raw	1,66
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	1,65
11512	Sweet potato, canned, vacuum pack	1,65
11547	Tomato products, canned, puree, without salt added	1,65
11888	Tomato products, canned, puree, with salt added	1,65
16229	Soymilk (All flavors), lowfat, with added calcium, vitamins A and D	1,65
21139	Fast foods, potato, mashed	1,65
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	1,64
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	1,64
06063	Soup, tomato rice, canned, condensed	1,64
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	1,64
11693	Tomatoes, crushed, canned	1,64
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	1,64

NDB_No	Description	Protein(g) Value Per
35201	Prairie Turnips, boiled (Northern Plains Indians)	1,64
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	1,63
06408	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Vegetable Soup	1,63
06497	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Noodle Soup	1,63
06544	CAMPBELL'S Homestyle Minestrone Soup	1,63
11281	Okra, frozen, cooked, boiled, drained, without salt	1,63
11804	Okra, frozen, cooked, boiled, drained, with salt	1,63
12098	Nuts, chestnuts, european, raw, peeled	1,63
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	1,61
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	1,61
06014	CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed	1,61
06149	Soup, chicken mushroom, canned, condensed	1,61
06209	CAMPBELL'S, 98% Fat Free Cream of Broccoli Soup, condensed	1,61
06213	CAMPBELL'S Red and White, 25% Less Sodium Tomato Soup, condensed	1,61
06214	CAMPBELL'S, 25% Less Sodium Cream of Mushroom Soup, condensed	1,61
06215	CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed	1,61
06312	CAMPBELL'S Red and White, Cream of Asparagus Soup, condensed	1,61
06333	CAMPBELL'S Red and White, Cream of Broccoli Soup, condensed	1,61
06337	CAMPBELL'S, Cream of Chicken with Herbs Soup, condensed	1,61
06339	CAMPBELL'S, Cream of Mushroom with Roasted Garlic Soup, condensed	1,61
06355	CAMPBELL'S Red and White, Golden Mushroom Soup, condensed	1,61
06956	Soup, tomato, canned, condensed, reduced sodium	1,61
06991	HEALTHY REQUEST, Tomato Soup, condensed	1,61
11080	Beets, raw	1,61
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	1,61
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	1,61
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	1,61
35203	Rose Hips, wild (Northern Plains Indians)	1,60
43008	Babyfood, dinner, chicken and rice	1,60
43143	Cabbage, japanese style, fresh, pickled	1,60
43543	Milk, imitation, non-soy	1,60
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	1,60
03070	Babyfood, dinner, chicken soup, strained	1,60
03245	Babyfood, dessert, custard pudding, vanilla, strained	1,60
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	1,60
06232	PREGO Pasta, Organic Mushroom Italian Sauce, ready-to-serve	1,60

NDB_No	Description	Protein(g) Value Per
06233	PREGO Pasta, Organic Tomato and Basil Italian Sauce, ready-to-serve	1,60
06237	PREGO Pasta, Heart Smart- Roasted Red Pepper and Garlic Italian Sauce, ready-to-serve	1,60
06239	PREGO Pasta, Tomato, Basil and Garlic Italian Sauce, ready-to-serve	1,60
06465	Soup, turkey noodle, canned, prepared with equal volume water	1,60
06995	PREGO Pasta, Chunky Garden Tomato, Onion and Garlic Italian Sauce, ready-to-serve	1,60
16219	Vitasoy USA, Vitasoy Light Vanilla Soymilk	1,60
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	1,59
06058	CAMPBELL'S Red and White, Chicken Gumbo Soup, condensed	1,59
06354	CAMPBELL'S Red and White, French Onion Soup, condensed	1,59
06364	CAMPBELL'S Red and White, Manhattan Clam Chowder, condensed	1,59
06379	CAMPBELL'S Red and White, Tomato Bisque, condensed	1,59
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	1,59
19076	Candies, caramels, chocolate-flavor roll	1,59
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	1,58
11255	Lotus root, cooked, boiled, drained, without salt	1,58
11796	Lotus root, cooked, boiled, drained, with salt	1,58
09062	Cherimoya, raw	1,57
11507	Sweet potato, raw, unprepared	1,57
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	1,56
11269	Mushrooms, shiitake, cooked, without salt	1,56
11553	Tomato products, canned, sauce, with onions	1,56
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	1,56
11798	Mushrooms, shiitake, cooked, with salt	1,56
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	1,55
21310	McDONALD'S, Barbeque Sauce	1,55
06220	PREGO Pasta, Chunky Garden Mushroom and Green Pepper Italian Sauce, ready-to-serve	1,54
06221	PREGO Pasta, Chunky Garden Mushroom Supreme Italian Sauce, ready-to-serve	1,54
06222	PREGO Pasta, Diced Onion and Garlic Italian Sauce, ready-to-serve	1,54
06223	PREGO Pasta, Flavored with Meat Italian Sauce, ready-to-serve	1,54
06224	PREGO Pasta, Fresh Mushroom Italian Sauce, ready-to-serve	1,54
06225	PREGO Pasta, Garlic Supreme Italian Sauce, ready-to-serve	1,54
06229	PREGO Pasta, Mushroom and Garlic Italian Sauce, ready-to-serve	1,54
06235	P REGO Pasta, Roasted Garlic and Herb Italian Sauce, ready-to-serve	1,54
06240	PREGO Pasta, Zesty Mushroom Italian Sauce, ready-to-serve	1,54
06932	PREGO Pasta, Traditional Italian Sauce, ready-to-serve	1,54
06994	PREGO Pasta, Chunky Garden Combination Italian Sauce, ready-to-serve	1,54

NDB_No	Description	Protein(g) Value Per
27033	PREGO Pasta, Heart Smart- Traditional Sauce, ready-to-serve	1,54
21140	Side dishes, potato salad	1,53
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	1,53
11027	Bamboo shoots, cooked, boiled, drained, without salt	1,53
11104	Burdock root, raw	1,53
11567	Turnips, frozen, cooked, boiled, drained, without salt	1,53
11601	Yam, raw	1,53
11712	Bamboo shoots, cooked, boiled, drained, with salt	1,53
11890	Turnips, frozen, cooked, boiled, drained, with salt	1,53
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	1,52
06164	Sauce, salsa, ready-to-serve	1,52
09167	Loganberries, frozen	1,52
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	1,52
06053	Soup, cream of potato, canned, condensed	1,51
06341	CAMPBELL'S, Cream of Potato Soup, condensed	1,51
11113	Cabbage, red, cooked, boiled, drained, without salt	1,51
11444	Seaweed, irishmoss, raw	1,51
11752	Cabbage, red, cooked, boiled, drained, with salt	1,51
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	1,50
06042	Soup, mushroom barley, canned, condensed	1,50
09156	Lemon peel, raw	1,50
09216	Orange peel, raw	1,50
09427	Abiyuch, raw	1,50
09446	Plantains, green, fried	1,50
11116	Cabbage, chinese (pak-choi), raw	1,50
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	1,50
11141	Celeriac, raw	1,50
11246	Leeks, (bulb and lower leaf-portion), raw	1,50
11276	New Zealand spinach, raw	1,50
11518	Taro, raw	1,50
11568	Turnip greens, raw	1,50
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	1,50
11944	Pickle relish, hot dog	1,50
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	1,50
13335	Beef, variety meats and by-products, suet, raw	1,50
18320	Pie, lemon meringue, commercially prepared	1,50

NDB_No	Description	Protein(g) Value Per
19227	Frostings, coconut-nut, ready-to-eat	1,50
19247	Frostings, white, fluffy, dry mix, prepared with water	1,50
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	1,50
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	1,49
11239	Mushrooms, Chanterelle, raw	1,49
11428	Purslane, cooked, boiled, drained, without salt	1,49
11602	Yam, cooked, boiled, drained, or baked, without salt	1,49
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	1,49
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	1,49
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	1,49
11849	Purslane, cooked, boiled, drained, with salt	1,49
11897	Yam, cooked, boiled, drained, or baked, with salt	1,49
20030	Hominy, canned, white	1,48
20330	Hominy, canned, yellow	1,48
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	1,48
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	1,48
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	1,48
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	1,48
04705	Salad dressing, caesar, fat-free	1,47
09422	Durian, raw or frozen	1,47
06159	Soup, tomato, canned, condensed	1,46
06377	CAMPBELL'S, Tomato Soup, condensed	1,46
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	1,46
11991	Yautia (tannier), raw	1,46
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	1,45
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	1,45
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	1,45
06423	Soup, chicken with rice, canned, prepared with equal volume water	1,45
09314	Sapote, mamey, raw	1,45
11551	Tomato products, canned, sauce, with mushrooms	1,45
19201	Puddings, vanilla, ready-to-eat	1,45
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	1,44
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	1,44
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	1,44
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	1,44
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	1,44

NDB_No	Description	Protein(g) Value Per
09190	Mulberries, raw	1,44
11649	Tomato products, canned, sauce, spanish style	1,44
19234	Puddings, tapioca, ready-to-eat, fat free	1,44
11112	Cabbage, red, raw	1,43
11952	Radicchio, raw	1,43
09095	Figs, dried, stewed	1,42
09447	Plantains, yellow, fried, Latino restaurant	1,42
11579	Vegetables, mixed, canned, solids and liquids	1,42
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	1,42
35236	Stew, pinto bean and hominy, baduhsuki (Hopi)	1,42
43450	Frozen novelties, juice type, juice with cream	1,41
06416	Soup, cream of chicken, canned, prepared with equal volume water	1,41
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	1,41
11376	Potatoes, canned, drained solids	1,41
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	1,40
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	1,40
43311	Potatoes, canned, drained solids, no salt added	1,40
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	1,40
03119	Babyfood, vegetables, corn, creamed, strained	1,40
03120	Babyfood, vegetables, corn, creamed, junior	1,40
03282	Babyfood, vegetables, mix vegetables junior	1,40
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	1,40
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	1,40
09021	Apricots, raw	1,40
09083	Currants, european black, raw	1,40
09084	Currants, red and white, raw	1,40
11154	Chicory roots, raw	1,40
11588	Waterchestnuts, chinese, (matai), raw	1,40
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	1,40
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	1,39
09042	Blackberries, raw	1,39
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	1,38
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	1,38
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	1,38
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	1,38
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	1,38

NDB_No	Description	Protein(g) Value Per
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	1,38
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	1,38
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	1,38
09264	Persimmons, japanese, dried	1,38
19892	Frozen novelties, Sugar Free, CREAMSICLE Pops	1,37
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	1,37
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	1,37
11510	Sweet potato, cooked, boiled, without skin	1,37
11876	Sweet potato, cooked, boiled, without skin, with salt	1,37
27051	Sauce, cocktail, ready-to-serve	1,36
31025	Sweet Potato puffs, frozen, unprepared	1,36
43387	Turnip greens, canned, no salt added	1,36
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	1,36
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	1,36
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	1,36
06183	Soup, chicken broth, less/reduced sodium, ready to serve	1,36
11134	Cassava, raw	1,36
11253	Lettuce, green leaf, raw	1,36
11283	Onions, cooked, boiled, drained, without salt	1,36
11570	Turnip greens, canned, solids and liquids	1,36
11805	Onions, cooked, boiled, drained, with salt	1,36
06043	Soup, cream of mushroom, canned, condensed	1,35
06176	Sauce, oyster, ready-to-serve	1,35
11250	Lettuce, butterhead (includes boston and bibb types), raw	1,35
11964	Nopales, cooked, without salt	1,35
25050	Snacks, yucca (cassava) chips, salted	1,34
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	1,34
11258	Mountain yam, hawaii, raw	1,34
11257	Lettuce, red leaf, raw	1,33
04639	Salad dressing, ranch dressing, regular	1,32
06010	Soup, cream of celery, canned, condensed	1,32
09009	Apples, dehydrated (low moisture), sulfured, uncooked	1,32
11299	Parsnips, cooked, boiled, drained, without salt	1,32
11559	Tomato products, canned, sauce, with tomato tidbits	1,32
11808	Parsnips, cooked, boiled, drained, with salt	1,32
11963	Nopales, raw	1,32

NDB_No	Description	Protein(g) Value Per
19384	Candies, divinity, prepared-from-recipe	1,32
21316	McDONALD'S, Tangy Honey Mustard Sauce	1,32
06587	CAMPBELL'S Soup on the Go, Chicken with Mini Noodles Soup	1,31
09046	Blackberries, canned, heavy syrup, solids and liquids	1,31
09172	Longans, raw	1,31
03098	Babyfood, vegetables, beets, strained	1,30
03233	Babyfood, dessert, fruit pudding, pineapple, strained	1,30
06625	SMART SOUP, Vietnamese Carrot Lemongrass	1,30
09205	Oranges, raw, with peel	1,30
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	1,30
09277	Plantains, raw	1,30
11277	New Zealand spinach, cooked, boiled, drained, without salt	1,30
11802	New zealand spinach, cooked, boiled, drained, with salt	1,30
14341	Beverages, pineapple and orange juice drink, canned	1,30
19240	Frostings, chocolate, creamy, dry mix	1,30
06169	Sauce, ready-to-serve, pepper, TABASCO	1,29
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	1,29
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	1,29
06988	CAMPBELL'S HEALTHY REQUEST, Cream of Mushroom Soup, condensed	1,29
06466	Soup, turkey vegetable, canned, prepared with equal volume water	1,28
11109	Cabbage, raw	1,28
11447	Sesbania flower, raw	1,28
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	1,28
11647	Sweet potato, canned, syrup pack, drained solids	1,28
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	1,28
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	1,27
11110	Cabbage, cooked, boiled, drained, without salt	1,27
11751	Cabbage, common, cooked, boiled, drained, with salt	1,27
03934	Babyfood, corn and sweet potatoes, strained	1,26
06121	Gravy, mushroom, canned	1,26
01073	Dessert topping, semi solid, frozen	1,25
04640	Salad dressing, ranch dressing, reduced fat	1,25
09044	Cherries, tart, dried, sweetened	1,25
11213	Endive, raw	1,25
27048	Sauce, steak, tomato based	1,25
43215	Salad dressing, buttermilk, lite	1,25

NDB_No	Description	Protein(g) Value Per
11957	Fennel, bulb, raw	1,24
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	1,23
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	1,23
09290	Prunes, dehydrated (low-moisture), stewed	1,23
11251	Lettuce, cos or romaine, raw	1,23
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	1,23
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	1,23
06447	CAMPBELL'S CHUNKY Soups, Savory Vegetable Soup	1,22
06503	CAMPBELL'S Red and White - Microwaveable Bowls, Creamy Tomato Soup	1,22
06504	CAMPBELL'S Red and White - Microwaveable Bowls, Tomato Soup	1,22
06546	CAMPBELL'S Homestyle Potato Broccoli Cheese Soup	1,22
06580	CAMPBELL'S Homestyle Vegetable Medley Soup	1,22
14086	Beverages, V8 SPLASH Smoothies, Peach Mango	1,22
14087	Beverages, V8 SPLASH Smoothies, Strawberry Banana	1,22
14088	Beverages, V8 SPLASH Smoothies, Tropical Colada	1,22
19173	Gelatin desserts, dry mix, prepared with water	1,22
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	1,21
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	1,21
11477	Squash, summer, zucchini, includes skin, raw	1,21
11641	Squash, summer, all varieties, raw	1,21
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	1,21
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	1,21
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	1,21
19364	Toppings, butterscotch or caramel	1,21
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	1,20
03091	Babyfood, vegetables, green beans, strained	1,20
03092	Babyfood, vegetables, green beans, junior	1,20
03093	Babyfood, green beans, dices, toddler	1,20
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	1,20
03278	Babyfood, dinner, mixed vegetable, strained	1,20
06114	Gravy, au jus, canned	1,20
06611	Soup, SWANSON, beef broth, lower sodium	1,20
09033	Apricots, dried, sulfured, stewed, without added sugar	1,20
09302	Raspberries, raw	1,20
09518	Raspberries, frozen, unsweetened	1,20
11119	Cabbage, chinese (pe-tsai), raw	1,20

NDB_No	Description	Protein(g) Value Per
11220	Gourd, dishcloth (towelgourd), raw	1,20
11298	Parsnips, raw	1,20
11374	Potatoes, canned, solids and liquids	1,20
11475	Squash, summer, scallop, raw	1,20
11527	Tomatoes, green, raw	1,20
11549	Tomato products, canned, sauce	1,20
14262	Beverages, citrus fruit juice drink, frozen concentrate	1,20
19263	Frozen novelties, fruit and juice bars	1,20
42137	Salad dressing, peppercorn dressing, commercial, regular	1,20
43217	Tomato sauce, canned, no salt added	1,20
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	1,18
02055	Horseradish, prepared	1,18
09048	Blackberries, frozen, unsweetened	1,18
09034	Apricots, dried, sulfured, stewed, with added sugar	1,17
12116	Nuts, coconut cream, canned, sweetened	1,17
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	1,16
06419	Soup, chicken noodle, canned, prepared with equal volume water	1,16
09247	Peaches, dried, sulfured, stewed, without added sugar	1,16
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	1,16
11695	Tomatoes, orange, raw	1,16
27000	Soup, egg drop, Chinese restaurant	1,16
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	1,16
09076	Cherries, sweet, frozen, sweetened	1,15
11214	Escarole, cooked, boiled, drained, no salt added	1,15
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	1,15
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	1,15
11932	Beans, snap, yellow, canned, regular pack, drained solids	1,15
11933	Beans, snap, yellow, canned, no salt added, drained solids	1,15
06008	Soup, beef broth or bouillon canned, ready-to-serve	1,14
06067	Soup, chunky vegetable, canned, ready-to-serve	1,14
06188	Soup, beef broth, less/reduced sodium, ready to serve	1,14
09148	Kiwifruit, green, raw	1,14
11448	Sesbania flower, cooked, steamed, without salt	1,14
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	1,14
11569	Turnip greens, cooked, boiled, drained, without salt	1,14
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	1,14

NDB_No	Description	Protein(g) Value Per
11891	Turnip greens, cooked, boiled, drained, with salt	1,14
11922	Sesbania flower, cooked, steamed, with salt	1,14
11969	Broccoli, chinese, cooked	1,14
06446	Soup, cream of onion, canned, prepared with equal volume water	1,13
27047	Sauce, salsa, verde, ready-to-serve	1,13
35202	Raspberries, wild (Northern Plains Indians)	1,12
11483	Squash, winter, acorn, cooked, baked, without salt	1,12
11729	Beans, snap, green, canned, no salt added, drained solids	1,12
11864	Squash, winter, acorn, cooked, baked, with salt	1,12
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	1,11
06456	Soup, cream of shrimp, canned, prepared with equal volume water	1,11
09183	Melons, casaba, raw	1,11
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	1,11
21311	McDONALD'S, Creamy Ranch Sauce	1,11
03108	Babyfood, vegetables, sweet potatoes strained	1,10
03109	Babyfood, vegetables, sweet potatoes, junior	1,10
03226	Babyfood, dessert, fruit pudding, orange, strained	1,10
03293	Babyfood, plums, bananas and rice, strained	1,10
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	1,10
04145	Salad dressing, mayonnaise, soybean oil, without salt	1,10
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	1,10
09057	Boysenberries, frozen, unsweetened	1,10
09150	Lemons, raw, without peel	1,10
11118	Cabbage, kimchi	1,10
11282	Onions, raw	1,10
11424	Pumpkin, canned, without salt	1,10
11637	Radishes, white icicle, raw	1,10
11846	Pumpkin, canned, with salt	1,10
11943	Pimento, canned	1,10
11970	Cabbage, napa, cooked	1,10
19097	Sherbet, orange	1,10
19226	Frostings, chocolate, creamy, ready-to-eat	1,10
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	1,10
27034	CAMPBELL'S, 98% Fat Free Cream of Mushroom Soup, condensed	1,10
43142	Radishes, hawaiian style, pickled	1,10
43144	Cabbage, mustard, salted	1,10

NDB_No	Description	Protein(g) Value Per
43539	Babyfood, dessert, banana yogurt, strained	1,10
04017	Salad dressing, thousand island, commercial, regular	1,09
06985	Gravy, HEINZ Home Style, savory beef	1,09
09040	Bananas, raw	1,09
09293	Plums, dried (prunes), stewed, with added sugar	1,09
11417	Pumpkin flowers, cooked, boiled, drained, without salt	1,09
11426	Pumpkin pie mix, canned	1,09
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	1,09
27066	Sauce, horseradish	1,09
06417	Soup, chicken gumbo, canned, prepared with equal volume water	1,08
11337	Peppers, sweet, green, frozen, chopped, unprepared	1,08
11435	Rutabagas, raw	1,08
11917	Peppers, sweet, red, frozen, chopped, unprepared	1,08
19383	Candies, toffee, prepared-from-recipe	1,07
04706	Dressing, honey mustard, fat-free	1,07
09059	Breadfruit, raw	1,07
09070	Cherries, sweet, raw	1,06
09191	Nectarines, raw	1,06
09248	Peaches, dried, sulfured, stewed, with added sugar	1,06
09526	Cranberry sauce, jellied, canned, OCEAN SPRAY	1,05
11056	Beans, snap, green, canned, regular pack, drained solids	1,05
19103	Candies, fudge, vanilla, prepared-from-recipe	1,05
09060	Carambola, (starfruit), raw	1,04
09201	Oranges, raw, California, valencias	1,04
09352	Blueberries, canned, light syrup, drained	1,04
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	1,04
11566	Turnips, frozen, unprepared	1,04
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	1,04
11921	Peppers, sweet, red, sauteed	1,04
11935	Catsup	1,04
11949	Catsup, low sodium	1,04
21379	McDONALD'S, Side Salad	1,03
01107	Milk, human, mature, fluid	1,03
09195	Olives, pickled, canned or bottled, green	1,03
11416	Pumpkin flowers, raw	1,03
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	1,03

NDB_No	Description	Protein(g) Value Per
11481	Squash, summer, zucchini, italian style, canned	1,03
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	1,03
09520	Kiwifruit, ZESPRI SunGold, raw	1,02
03279	Babyfood, dinner, mixed vegetable, junior	1,01
03995	Babyfood, banana with mixed berries, strained	1,01
06470	CAMPBELL'S Low Sodium Soups, Chicken Broth	1,01
06487	CAMPBELL'S Low Sodium Soups, Cream of Mushroom Soup	1,01
11467	Squash, summer, crookneck and straightneck, raw	1,01
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	1,00
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	1,00
03112	Babyfood, potatoes, toddler	1,00
03139	Babyfood, prunes, without vitamin c, strained	1,00
03286	Babyfood, vegetables, mix vegetables strained	1,00
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	1,00
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	1,00
09063	Cherries, sour, red, raw	1,00
09315	Soursop, raw	1,00
11024	Balsam-pear (bitter gourd), pods, raw	1,00
11422	Pumpkin, raw	1,00
11485	Squash, winter, butternut, raw	1,00
11951	Peppers, sweet, yellow, raw	1,00
19013	Snacks, fruit leather, pieces	1,00
19225	Desserts, rennin, tablets, unsweetened	1,00
19324	Puddings, coconut cream, dry mix, regular	1,00
27049	Sauce, tartar, ready-to-serve	1,00
27057	Sauce, barbecue, KC MASTERPIECE, original	1,00
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	1,00
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	1,00
43004	Babyfood, dessert, banana pudding, strained	1,00
43546	Babyfood, banana no tapioca, strained	1,00
09056	Boysenberries, canned, heavy syrup	0,99
11821	Peppers, sweet, red, raw	0,99
21416	POPEYES, Coleslaw	0,98
27022	CAMPBELL'S Soup on the GO, HEALTHY REQUEST Chicken with Mini Noodles Soup	0,98
27023	CAMPBELL'S Soup on the Go, HEALTHY REQUEST Classic Tomato Soup	0,98
01072	Dessert topping, pressurized	0,98

NDB_No	Description	Protein(g) Value Per
04686	Salad dressing, honey mustard dressing, reduced calorie	0,98
06586	CAMPBELL'S Soup on the Go, Chicken & Stars Soup	0,98
06588	CAMPBELL'S Soup on the Go, Classic Tomato Soup	0,98
06590	CAMPBELL'S Soup on the Go, Creamy Chicken Soup	0,98
06592	CAMPBELL'S Soup on the Go, Creamy Tomato Soup	0,98
06595	CAMPBELL'S Soup on the Go, Vegetable Beef Soup	0,98
11209	Eggplant, raw	0,98
11645	Sweet potato, canned, syrup pack, solids and liquids	0,98
11696	Tomatoes, yellow, raw	0,98
04636	Salad dressing, italian dressing, fat-free	0,97
09194	Olives, ripe, canned (jumbo-super colossal)	0,97
11292	Onions, young green, tops only	0,97
36028	DENNY'S, coleslaw	0,97
04025	Salad dressing, mayonnaise, regular	0,96
09292	Plums, dried (prunes), stewed, without added sugar	0,96
09311	Roselle, raw	0,96
11142	Celeriac, cooked, boiled, drained, without salt	0,96
11763	Celeriac, cooked, boiled, drained, with salt	0,96
11954	Tomatillos, raw	0,96
11286	Onions, yellow, sauteed	0,95
11530	Tomatoes, red, ripe, cooked	0,95
11643	Squash, winter, all varieties, raw	0,95
11655	Carrot juice, canned	0,95
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	0,95
11884	Tomatoes, red, ripe, cooked, with salt	0,95
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	0,95
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	0,95
21127	Fast foods, coleslaw	0,95
27055	Sauce, barbecue, SWEET BABY RAY'S, original	0,95
03130	Babyfood, fruit, peaches, strained	0,94
03131	Babyfood, fruit, peaches, junior	0,94
06401	Soup, cream of asparagus, canned, prepared with equal volume water	0,94
09200	Oranges, raw, all commercial varieties	0,94
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	0,94
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	0,94
06498	Soup, tomato, dry, mix, prepared with water	0,93

NDB_No	Description	Protein(g) Value Per
09011	Apples, dried, sulfured, uncooked	0,93
11124	Carrots, raw	0,93
11436	Rutabagas, cooked, boiled, drained, without salt	0,93
11578	Vegetable juice cocktail, canned	0,93
11851	Rutabagas, cooked, boiled, drained, with salt	0,93
04704	Salad dressing, poppyseed, creamy	0,92
06558	Soup, tomato bisque, canned, prepared with equal volume water	0,92
09068	Cherries, sour, red, frozen, unsweetened	0,92
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	0,92
11522	Taro shoots, raw	0,92
11632	Peppers, jalapeno, canned, solids and liquids	0,92
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	0,92
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	0,92
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	0,92
14194	Beverages, Cocoa mix, powder, prepared with water	0,92
09072	Cherries, sweet, canned, juice pack, solids and liquids	0,91
09202	Oranges, raw, navels	0,91
09236	Peaches, yellow, raw	0,91
09260	Pears, dried, sulfured, stewed, without added sugar	0,91
11084	Beets, canned, drained solids	0,91
11439	Sauerkraut, canned, solids and liquids	0,91
11533	Tomatoes, red, ripe, canned, stewed	0,91
11585	Vegetable juice cocktail, low sodium, canned	0,91
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	0,91
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	0,91
11979	Peppers, jalapeno, raw	0,91
21420	KFC, Coleslaw	0,91
27056	Sauce, barbecue, BULL'S-EYE, original	0,91
19322	Puddings, coconut cream, dry mix, instant	0,90
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	0,90
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	0,90
43016	Salad dressing, coleslaw	0,90
43146	Eggplant, pickled	0,90
43268	Whipped cream substitute, dietetic, made from powdered mix	0,90
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	0,90
43536	Babyfood, dessert, peach yogurt	0,90

NDB_No	Description	Protein(g) Value Per
03163	Babyfood, fruit, bananas with apples and pears, strained	0,90
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	0,90
04073	Margarine, regular, hard, soybean (hydrogenated)	0,90
06961	Sauce, peppers, hot, chili, mature red, canned	0,90
08101	Cereals, CREAM OF RICE, cooked with water, without salt	0,90
08168	Cereals, CREAM OF RICE, cooked with water, with salt	0,90
09081	Cranberry sauce, canned, sweetened	0,90
09307	Rhubarb, raw	0,90
11151	Chicory, witloof, raw	0,90
11252	Lettuce, iceberg (includes crisphead types), raw	0,90
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	0,90
11486	Squash, winter, butternut, cooked, baked, without salt	0,90
11564	Turnips, raw	0,90
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	0,90
11866	Squash, winter, butternut, cooked, baked, with salt	0,90
14251	Alcoholic beverages, beer, higher alcohol	0,90
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	0,89
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	0,89
06151	Sauce, plum, ready-to-serve	0,89
11289	Onions, frozen, whole, unprepared	0,89
11644	Squash, winter, all varieties, cooked, baked, without salt	0,89
11659	Sweet potato, cooked, candied, home-prepared	0,89
11863	Squash, winter, all varieties, cooked, baked, with salt	0,89
36025	CRACKER BARREL, coleslaw	0,89
09107	Gooseberries, raw	0,88
09117	Grapefruit, raw, white, California	0,88
11529	Tomatoes, red, ripe, raw, year round average	0,88
11590	Waterchestnuts, chinese, canned, solids and liquids	0,88
36035	Restaurant, family style, coleslaw	0,88
04703	Salad dressing, honey mustard, regular	0,87
06448	Soup, oyster stew, canned, prepared with equal volume water	0,87
09288	Prunes, canned, heavy syrup pack, solids and liquids	0,87
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	0,86
09261	Pears, dried, sulfured, stewed, with added sugar	0,86
11333	Peppers, sweet, green, raw	0,86
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	0,86

NDB_No	Description	Protein(g) Value Per
01001	Butter, salted	0,85
01114	Whey, sweet, fluid	0,85
01145	Butter, without salt	0,85
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	0,85
09433	Clementines, raw	0,85
11145	Celtuce, raw	0,85
11285	Onions, canned, solids and liquids	0,85
11540	Tomato juice, canned, with salt added	0,85
11886	Tomato juice, canned, without salt added	0,85
06528	Soup, chicken noodle, dry, mix, prepared with water	0,84
09181	Melons, cantaloupe, raw	0,84
09185	Melon balls, frozen	0,84
09193	Olives, ripe, canned (small-extra large)	0,84
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	0,84
11605	Beets, harvard, canned, solids and liquids	0,84
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	0,84
35015	Blackberries, wild, raw (Alaska Native)	0,84
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	0,83
04023	Salad dressing, thousand island dressing, reduced fat	0,83
09164	Litchis, raw	0,83
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	0,83
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	0,83
11144	Celery, cooked, boiled, drained, without salt	0,83
11210	Eggplant, cooked, boiled, drained, without salt	0,83
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	0,83
11764	Celery, cooked, boiled, drained, with salt	0,83
11783	Eggplant, cooked, boiled, drained, with salt	0,83
14056	Beverages, Acai berry drink, fortified	0,83
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	0,83
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	0,82
06150	Sauce, barbecue	0,82
06463	Soup, tomato rice, canned, prepared with equal volume water	0,82
06502	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Rice Soup	0,82
09176	Mangos, raw	0,82
11149	Chayote, fruit, raw	0,82
12203	Nuts, chestnuts, japanese, boiled and steamed	0,82

NDB_No	Description	Protein(g) Value Per
27019	CAMPBELL'S Homestyle Harvest Tomato with Basil Soup	0,82
31001	CAMPBELL'S, Tomato juice	0,82
31002	CAMPBELL'S, Tomato juice, low sodium	0,82
31006	CAMPBELL'S, Organic Tomato juice	0,82
31007	HEALTHY REQUEST Tomato juice	0,82
31008	CAMPBELL'S, V8 100% Vegetable Juice	0,82
31010	CAMPBELL'S, V8 Vegetable Juice, Essential Antioxidants V8	0,82
31011	CAMPBELL'S, V8 Vegetable Juice, Calcium Enriched V8	0,82
31012	CAMPBELL'S, V8 Vegetable Juice, Low Sodium V8	0,82
31013	CAMPBELL'S, V8 Vegetable Juice, Spicy Hot V8	0,82
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	0,82
31018	CAMPBELL'S, V8 Vegetable Juice, High Fiber V8	0,82
43098	Pie fillings, cherry, low calorie	0,82
03104	Babyfood, vegetables, squash, strained	0,81
03105	Babyfood, vegetables, squash, junior	0,81
06057	CAMPBELL'S Red and White, Chicken Broth, condensed	0,81
06218	CAMPBELL'S, 98% Fat Free Cream of Celery Soup, condensed	0,81
06334	CAMPBELL'S Red and White, Cream of Celery Soup, condensed	0,81
06340	CAMPBELL'S Red and White, Cream of Onion Soup, condensed	0,81
06987	HEALTHY REQUEST, Cream of Celery Soup, condensed	0,81
09129	Grapes, muscadine, raw	0,81
09218	Tangerines, (mandarin oranges), raw	0,81
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	0,81
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	0,81
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	0,81
03099	Babyfood, vegetables, carrots, strained	0,80
03100	Babyfood, vegetables, carrots, junior	0,80
03175	Babyfood, juice, orange and apricot	0,80
06011	Soup, cheese, canned, condensed	0,80
06038	CAMPBELL'S, Cheddar Cheese Soup, condensed	0,80
06624	SMART SOUP, Thai Coconut Curry	0,80
09265	Persimmons, native, raw	0,80
09276	Pitanga, (surinam-cherry), raw	0,80
11294	Onions, sweet, raw	0,80
11335	Peppers, sweet, green, canned, solids and liquids	0,80
11482	Squash, winter, acorn, raw	0,80

NDB_No	Description	Protein(g) Value Per
11609	Beets, pickled, canned, solids and liquids	0,80
11726	Beans, snap, green, canned, no salt added, solids and liquids	0,80
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	0,80
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	0,80
11735	Beets, canned, no salt added, solids and liquids	0,80
11916	Peppers, sweet, red, canned, solids and liquids	0,80
11981	Peppers, hungarian, raw	0,80
19365	Toppings, marshmallow cream	0,80
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	0,80
31034	Peppers, hot pickled, canned	0,80
42141	Cream substitute, liquid, light	0,80
42150	Babyfood, apple yogurt dessert, strained	0,80
43026	Syrups, sugar free	0,80
43523	Babyfood, mixed fruit yogurt, strained	0,80
06351	CAMPBELL'S Red and White, Old Fashioned Tomato Rice Soup, condensed	0,79
06964	Soup, tomato, low sodium, with water	0,79
06999	Gravy, CAMPBELL'S, chicken	0,79
09278	Plantains, cooked	0,79
11287	Onions, frozen, chopped, unprepared	0,79
11531	Tomatoes, red, ripe, canned, packed in tomato juice	0,79
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	0,79
36021	APPLEBEE'S, coleslaw	0,79
11130	Carrots, frozen, unprepared	0,78
11339	Peppers, sweet, green, sauteed	0,78
04120	Salad dressing, french dressing, commercial, regular	0,77
04141	Salad dressing, french dressing, commercial, regular, without salt	0,77
06442	Soup, mushroom barley, canned, prepared with equal volume water	0,77
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	0,77
09071	Cherries, sweet, canned, water pack, solids and liquids	0,77
09112	Grapefruit, raw, pink and red, all areas	0,77
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	0,77
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	0,77
01112	Whey, acid, fluid	0,76
09295	Pummelo, raw	0,76
11125	Carrots, cooked, boiled, drained, without salt	0,76
11757	Carrots, cooked, boiled, drained, with salt	0,76

NDB_No	Description	Protein(g) Value Per
09089	Figs, raw	0,75
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	0,75
09525	Cranberry sauce, whole, canned, OCEAN SPRAY	0,75
06307	Sauce, barbecue, KRAFT, original	0,74
09050	Blueberries, raw	0,74
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	0,74
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	0,73
09287	Prickly pears, raw	0,73
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	0,73
11082	Beets, canned, regular pack, solids and liquids	0,73
11523	Taro shoots, cooked, without salt	0,73
11880	Taro, shoots, cooked, with salt	0,73
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	0,73
06453	Soup, cream of potato, canned, prepared with equal volume water	0,72
09132	Grapes, red or green (European type, such as Thompson seedless), raw	0,72
09145	Java-plum, (jambolan), raw	0,72
11054	Beans, snap, green, canned, regular pack, solids and liquids	0,72
11423	Pumpkin, cooked, boiled, drained, without salt	0,72
11603	Yambean (jicama), raw	0,72
11845	Pumpkin, cooked, boiled, drained, with salt	0,72
11980	Peppers, chili, green, canned	0,72
12119	Nuts, coconut water (liquid from coconuts)	0,72
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	0,71
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified	0,71
03994	Babyfood, fruit, banana and strawberry, junior	0,71
06119	Gravy, chicken, canned or bottled, ready-to-serve	0,71
06559	Soup, tomato, canned, prepared with equal volume water, commercial	0,71
09022	Apricots, canned, water pack, with skin, solids and liquids	0,71
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	0,71
09334	Feijoa, raw	0,71
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	0,71
11565	Turnips, cooked, boiled, drained, without salt	0,71
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	0,71
11889	Turnips, cooked, boiled, drained, with salt	0,71
19719	Jams and preserves, apricot	0,70
03176	Babyfood, juice, orange and banana	0,70

NDB_No	Description	Protein(g) Value Per
06962	Sauce, chili, peppers, hot, immature green, canned	0,70
09035	Apricots, frozen, sweetened	0,70
09120	Grapefruit, sections, canned, juice pack, solids and liquids	0,70
09159	Limes, raw	0,70
09203	Oranges, raw, Florida	0,70
09206	Orange juice, raw	0,70
09279	Plums, raw	0,70
09306	Raspberries, frozen, red, sweetened	0,70
11122	Cardoon, raw	0,70
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	0,69
01205	Cream substitute, flavored, liquid	0,69
04015	Salad dressing, russian dressing	0,69
09023	Apricots, canned, water pack, without skin, solids and liquids	0,69
09116	Grapefruit, raw, white, all areas	0,69
09362	Cherries, sour, canned, water pack, drained	0,69
11143	Celery, raw	0,69
11537	Tomatoes, red, ripe, canned, with green chilies	0,69
01206	Cream substitute, flavored, powdered	0,68
06410	Soup, cream of celery, canned, prepared with equal volume water	0,68
06483	Soup, cream of chicken, dry, mix, prepared with water	0,68
09207	Orange juice, canned, unsweetened	0,68
09209	Orange juice, chilled, includes from concentrate	0,68
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	0,68
09211	Orange juice, chilled, includes from concentrate, with added calcium	0,68
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	0,68
11429	Radishes, raw	0,68
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	0,68
09233	Passion-fruit juice, yellow, raw	0,67
09316	Strawberries, raw	0,67
11431	Radishes, oriental, cooked, boiled, drained, without salt	0,67
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	0,67
11850	Radishes, oriental, cooked, boiled, drained, with salt	0,67
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	0,67
27061	Gravy, HEINZ Home Style, classic chicken	0,67
06443	Soup, cream of mushroom, canned, prepared with equal volume water	0,66
06585	CAMPBELL'S Soup on the Go, Vegetable with Mini Round Noodles Soup	0,66

NDB_No	Description	Protein(g) Value Per
06589	CAMPBELL'S Soup on the Go, Creamy Broccoli Soup	0,66
06594	CAMPBELL'S Soup on the Go, New England Clam Chowder	0,66
06596	CAMPBELL'S Soup on the Go, Cheesy Potato with Bacon Flavor Soup	0,66
09088	Elderberries, raw	0,66
09449	Nance, frozen, unsweetened	0,66
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	0,66
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	0,66
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	0,66
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	0,66
21315	McDONALD'S, Sweet 'N Sour Sauce	0,66
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	0,65
04018	Salad dressing, mayonnaise type, regular, with salt	0,65
09052	Blueberries, canned, heavy syrup, solids and liquids	0,65
09109	Gooseberries, canned, light syrup pack, solids and liquids	0,65
09301	Rambutan, canned, syrup pack	0,65
11205	Cucumber, with peel, raw	0,65
06194	Soup, chicken broth, ready-to-serve	0,64
09357	Apricots, canned, heavy syrup, drained	0,64
11128	Carrots, canned, regular pack, drained solids	0,64
11492	Squash, winter, spaghetti, raw	0,64
11759	Carrots, canned, no salt added, drained solids	0,64
11960	Carrots, baby, raw	0,64
43369	Beverages, Chocolate-flavored drink, whey and milk based	0,64
09024	Apricots, canned, juice pack, with skin, solids and liquids	0,63
09111	Grapefruit, raw, pink and red and white, all areas	0,63
09118	Grapefruit, raw, white, Florida	0,63
09131	Grapes, american type (slip skin), raw	0,63
09238	Peaches, canned, juice pack, solids and liquids	0,63
09250	Peaches, frozen, sliced, sweetened	0,63
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	0,63
09514	Fruit juice smoothie, BOLTHOUSE FARMS, BERRY BOOST	0,63
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	0,63
11958	Pickle relish, hamburger	0,63
14054	Beverages, almond milk, chocolate, ready-to-drink	0,63
27063	Sauce, enchilada, red, mild, ready to serve	0,62
09219	Tangerines, (mandarin oranges), canned, juice pack	0,62

NDB_No	Description	Protein(g) Value Per
11150	Chayote, fruit, cooked, boiled, drained, without salt	0,62
11218	Gourd, white-flowered (calabash), raw	0,62
11766	Chayote, fruit, cooked, boiled, drained, with salt	0,62
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	0,61
09294	Prune juice, canned	0,61
09326	Watermelon, raw	0,61
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	0,61
19273	Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E	0,60
42316	Babyfood, carrots, toddler	0,60
43365	Tomato and vegetable juice, low sodium	0,60
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	0,60
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	0,60
03172	Babyfood, juice, orange	0,60
03178	Babyfood, juice, prune and orange	0,60
04011	Salad dressing, KRAFT Mayo Light Mayonnaise	0,60
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	0,60
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	0,60
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	0,60
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	0,60
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	0,60
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	0,60
09217	Orange-grapefruit juice, canned or bottled, unsweetened	0,60
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	0,60
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	0,60
11430	Radishes, oriental, raw	0,60
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	0,60
14015	Alcoholic beverage, pina colada, canned	0,60
14024	Beverages, Whiskey sour mix, powder	0,60
14187	Beverages, Clam and tomato juice, canned	0,60
14548	Beverages, tea, instant, lemon, with added ascorbic acid	0,60
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	0,59
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	0,59
11206	Cucumber, peeled, raw	0,59
11758	Carrots, canned, no salt added, solids and liquids	0,59
14091	Beverages, almond milk, unsweetened, shelf stable	0,59
04020	Salad dressing, french dressing, reduced fat	0,58

NDB_No	Description	Protein(g) Value Per
04142	Salad dressing, french dressing, reduced fat, without salt	0,58
09119	Grapefruit, sections, canned, water pack, solids and liquids	0,58
09123	Grapefruit juice, white, canned or bottled, unsweetened	0,58
09124	Grapefruit juice, white, canned, sweetened	0,58
09140	Guavas, strawberry, raw	0,58
09263	Persimmons, japanese, raw	0,58
09416	Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	0,58
11126	Carrots, canned, regular pack, solids and liquids	0,58
11131	Carrots, frozen, cooked, boiled, drained, without salt	0,58
11760	Carrots, frozen, cooked, boiled, drained, with salt	0,58
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	0,58
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	0,56
09317	Strawberries, canned, heavy syrup pack, solids and liquids	0,56
09353	Blueberries, wild, canned, heavy syrup, drained	0,56
09448	Nance, canned, syrup, drained	0,56
04635	Salad dressing, thousand island dressing, fat-free	0,55
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	0,55
09114	Grapefruit, raw, pink and red, Florida	0,55
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	0,55
09309	Rhubarb, frozen, uncooked	0,55
09429	Pineapple, raw, traditional varieties	0,55
43027	Jellies, no sugar (with sodium saccharin), any flavors	0,55
06984	Soup, SWANSON Chicken Broth 99% Fat Free	0,54
09184	Melons, honeydew, raw	0,54
09266	Pineapple, raw, all varieties	0,54
11442	Seaweed, agar, raw	0,54
21314	McDONALD'S, Spicy Buffalo Sauce	0,54
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	0,53
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	0,53
09320	Strawberries, frozen, sweetened, sliced	0,53
09430	Pineapple, raw, extra sweet variety	0,53
09319	Strawberries, frozen, sweetened, whole	0,52
09370	Peaches, canned, heavy syrup, drained	0,52
11519	Taro, cooked, without salt	0,52
11878	Taro, cooked, with salt	0,52
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	0,51

NDB_No	Description	Protein(g) Value Per
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	0,51
06168	Sauce, ready-to-serve, pepper or hot	0,51
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	0,51
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	0,51
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	0,51
09282	Plums, canned, purple, juice pack, solids and liquids	0,51
09354	Pineapple, canned, juice pack, drained	0,51
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	0,51
03161	Babyfood, peaches, dices, toddler	0,50
03177	Babyfood, juice, orange and pineapple	0,50
04022	Salad dressing, russian dressing, low calorie	0,50
09061	Carissa, (natal-plum), raw	0,50
09113	Grapefruit, raw, pink and red, California and Arizona	0,50
09127	Grapefruit juice, pink or red, with added calcium	0,50
09128	Grapefruit juice, white, raw	0,50
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	0,50
09175	Mammy-apple, (mamey), raw	0,50
09221	Tangerine juice, raw	0,50
09223	Tangerine juice, canned, sweetened	0,50
09340	Pears, asian, raw	0,50
09404	Grapefruit juice, pink, raw	0,50
09528	Ruby Red grapefruit juice blend (grapefruit, grape, apple), OCEAN SPRAY, bottled, with added vitamin C	0,50
09530	Fruit juice smoothie, ODWALLA, strawberry banana	0,50
11937	Pickles, cucumber, dill or kosher dill	0,50
11947	Pickles, cucumber, dill, reduced sodium	0,50
14553	Beverages, Wine, non-alcoholic	0,50
19217	Frozen novelties, ice type, fruit, no sugar added	0,50
42267	Babyfood, juice, orange-carrot	0,50
43154	Alcoholic beverage, wine, cooking	0,50
43346	Frozen novelties, juice type, orange	0,50
43479	Alcoholic beverage, rice (sake)	0,50
43537	Babyfood, dessert, blueberry yogurt, strained	0,50
43585	Babyfood, fruit supreme dessert	0,50
01002	Butter, whipped, with salt	0,49
02069	Vinegar, balsamic	0,49
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	0,49

NDB_No	Description	Protein(g) Value Per
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	0,48
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	0,48
11228	Jew's ear, (pepeao), raw	0,48
14638	Beverages, Horchata, as served in restaurant	0,48
04144	Salad dressing, italian dressing, reduced fat, without salt	0,47
09226	Papayas, raw	0,47
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	0,47
09351	Fruit cocktail, canned, heavy syrup, drained	0,47
09524	Lemon juice from concentrate, bottled, REAL LEMON	0,47
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	0,47
09078	Cranberries, raw	0,46
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	0,46
09154	Lemon juice, frozen, unsweetened, single strength	0,46
14003	Alcoholic beverage, beer, regular, all	0,46
14154	Beverages, Energy drink, RED BULL	0,46
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	0,46
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	0,45
09153	Lemon juice from concentrate, canned or bottled	0,45
09220	Tangerines, (mandarin oranges), canned, light syrup pack	0,45
09240	Peaches, canned, light syrup pack, solids and liquids	0,45
09241	Peaches, canned, heavy syrup pack, solids and liquids	0,45
09237	Peaches, canned, water pack, solids and liquids	0,44
09313	Sapodilla, raw	0,44
09379	Plums, canned, heavy syrup, drained	0,44
09415	Pears, raw, green anjou	0,44
09450	Naranjilla (lulo) pulp, frozen, unsweetened	0,44
09502	Apples, raw, granny smith, with skin	0,44
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	0,44
19375	Frostings, glaze, prepared-from-recipe	0,44
27058	Sauce, barbecue, OPEN PIT, original	0,44
35206	Plums, wild (Northern Plains Indians)	0,43
09174	Loquats, raw	0,43
09267	Pineapple, canned, water pack, solids and liquids	0,43
09318	Strawberries, frozen, unsweetened	0,43
09054	Blueberries, frozen, unsweetened	0,42
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	0,42

NDB_No	Description	Protein(g) Value Per
09160	Lime juice, raw	0,42
09268	Pineapple, canned, juice pack, solids and liquids	0,42
09507	Fruit juice smoothie, NAKED JUICE, MIGHTY MANGO	0,42
09511	Fruit juice smoothie, NAKED JUICE, BLUE MACHINE	0,42
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	0,42
14017	Alcoholic beverage, pina colada, prepared-from-recipe	0,42
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	0,42
14061	Beverages, Energy Drink, sugar free	0,42
04114	Salad dressing, italian dressing, commercial, regular	0,41
04684	Margarine, 80% fat, tub, CANOLA HARVEST Soft Spread (canola, palm and palm kernel oils)	0,41
09177	Mangosteen, canned, syrup pack	0,41
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	0,41
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	0,41
09452	Orange Pineapple Juice Blend	0,41
14620	Beverages, V8 V-FUSION Juices, Peach Mango	0,41
14621	Beverages, V8 V-FUSION Juices, Strawberry Banana	0,41
14622	Beverages, V8 V-FUSION Juices, Tropical	0,41
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	0,41
19309	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Fruit and Creme	0,41
19313	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Tropical fruits	0,41
31005	CAMPBELL'S, V8 Vegetable Juice, Organic V8	0,41
31016	CAMPBELL'S, V8 60% Vegetable Juice, V8 V-Lite	0,41
44158	Pie fillings, blueberry, canned	0,41
19280	Frozen novelties, ice type, lime	0,40
42171	Salad dressing, french dressing, reduced calorie	0,40
43006	Babyfood, fruit, tutti frutti, strained	0,40
43007	Babyfood, fruit, tutti frutti, junior	0,40
03129	Babyfood, fruit, bananas with tapioca, strained	0,40
03173	Babyfood, juice, orange and apple	0,40
03174	Babyfood, juice, orange and apple and banana	0,40
03280	Babyfood, fruit, bananas with tapioca, junior	0,40
09001	Acerola, (west indian cherry), raw	0,40
09002	Acerola juice, raw	0,40
09055	Blueberries, frozen, sweetened	0,40
09077	Crabapples, raw	0,40
09090	Figs, canned, water pack, solids and liquids	0,40

NDB_No	Description	Protein(g) Value Per
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	0,40
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	0,40
09239	Peaches, canned, extra light syrup, solids and liquids	0,40
09272	Pineapple, frozen, chunks, sweetened	0,40
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	0,40
09296	Quinces, raw	0,40
09523	Lemon juice from concentrate, bottled, CONCORD	0,40
11593	Waxgourd, (chinese preserving melon), raw	0,40
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	0,40
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	0,40
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	0,40
15162	Mollusks, clam, mixed species, canned, liquid	0,40
04021	Salad dressing, italian dressing, commercial, reduced fat	0,39
06481	Soup, chicken broth cubes, dry, prepared with water	0,39
09091	Figs, canned, light syrup pack, solids and liquids	0,39
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	0,39
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	0,39
09232	Passion-fruit juice, purple, raw	0,39
09281	Plums, canned, purple, water pack, solids and liquids	0,39
09310	Rhubarb, frozen, cooked, with sugar	0,39
09412	Pears, raw, bartlett	0,39
11106	Butterbur, (fuki), raw	0,39
19294	Fruit butters, apple	0,39
19315	Candies, MARS SNACKFOOD US, STARBURST Sour Fruit Chews	0,39
35199	Prickly pears, broiled (Northern Plains Indians)	0,39
43382	Cranberry juice, unsweetened	0,39
04143	Salad dressing, italian dressing, commercial, regular, without salt	0,38
09092	Figs, canned, heavy syrup pack, solids and liquids	0,38
09093	Figs, canned, extra heavy syrup pack, solids and liquids	0,38
09192	Oheloberries, raw	0,38
11349	Poi	0,38
03147	Babyfood, fruit, applesauce with banana, junior	0,37
04641	Salad dressing, mayonnaise, light	0,37
04707	Oil, flaxseed, contains added sliced flaxseed	0,37
04708	Mayonnaise, reduced fat, with olive oil	0,37
09036	Apricot nectar, canned, without added ascorbic acid	0,37

NDB_No	Description	Protein(g) Value Per
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	0,37
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	0,37
09283	Plums, canned, purple, light syrup pack, solids and liquids	0,37
09403	Apricot nectar, canned, with added ascorbic acid	0,37
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	0,37
11945	Pickle relish, sweet	0,37
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	0,37
19297	Jams and preserves	0,37
19314	Pie fillings, canned, cherry	0,37
27046	Sauce, duck, ready-to-serve	0,36
09252	Pears, raw	0,36
09269	Pineapple, canned, light syrup pack, solids and liquids	0,36
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	0,36
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	0,36
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	0,36
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	0,36
09414	Pears, raw, bosc	0,36
09420	Jackfruit, canned, syrup pack	0,36
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	0,36
14004	Alcoholic beverage, beer, regular, BUDWEISER	0,36
14253	Alcoholic beverages, wine, rose	0,36
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	0,36
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	0,35
09152	Lemon juice, raw	0,35
09270	Pineapple, canned, heavy syrup pack, solids and liquids	0,35
14252	Beverages, Malt liquor beverage	0,35
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	0,34
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	0,34
09254	Pears, canned, juice pack, solids and liquids	0,34
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	0,34
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	0,34
14629	Beverages, Energy drink, ROCKSTAR	0,34
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	0,34
31033	Ginger root, pickled, canned, with artificial sweetener	0,33
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	0,33
09413	Pears, raw, red anjou	0,33

NDB_No	Description	Protein(g) Value Per
11941	Pickles, cucumber, sour	0,33
11946	Pickles, cucumber, sour, low sodium	0,33
11984	Epazote, raw	0,33
06494	Soup, onion, dry, mix, prepared with water	0,32
09143	Guava sauce, cooked	0,32
04585	Margarine-like, margarine-butter blend, soybean oil and butter	0,31
35139	Squash, Indian, cooked, boiled (Navajo)	0,31
03118	Babyfood, fruit, apricot with tapioca, strained	0,30
03128	Babyfood, fruit, apricot with tapioca, junior	0,30
03132	Babyfood, fruit, pears, strained	0,30
03133	Babyfood, fruit, pears, junior	0,30
03140	Babyfood, fruit dessert, mango with tapioca	0,30
03141	Babyfood, pears, dices, toddler	0,30
03154	Babyfood, fruit and vegetable, apple and sweet potato	0,30
03158	Babyfood, fruit, pears and pineapple, strained	0,30
03159	Babyfood, fruit, pears and pineapple, junior	0,30
03222	Babyfood, cherry cobbler, junior	0,30
03227	Babyfood, dessert, peach cobbler, strained	0,30
03228	Babyfood, dessert, peach cobbler, junior	0,30
03230	Babyfood, dessert, peach melba, junior	0,30
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	0,30
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	0,30
04027	Salad dressing, mayonnaise, imitation, soybean	0,30
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	0,30
09043	Blackberry juice, canned	0,30
09082	Cranberry-orange relish, canned	0,30
09255	Pears, canned, extra light syrup pack, solids and liquids	0,30
09519	Guava nectar, with sucralose, canned	0,30
14019	Alcoholic beverage, tequila sunrise, canned	0,30
14180	Beverages, coffee, brewed, breakfast blend	0,30
14327	Beverages, orange and apricot juice drink, canned	0,30
14405	Beverages, fruit punch juice drink, frozen concentrate	0,30
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	0,30
19206	Puddings, vanilla, dry mix, regular	0,30
19244	Frostings, vanilla, creamy, dry mix	0,30
19296	Honey	0,30

NDB_No	Description	Protein(g) Value Per
19303	Marmalade, orange	0,30
19310	Pectin, unsweetened, dry mix	0,30
19710	Puddings, vanilla, dry mix, regular, with added oil	0,30
20003	Arrowroot flour	0,30
42140	Salad dressing, italian dressing, reduced calorie	0,30
42266	Babyfood, juice, apple-sweet potato	0,30
43021	Salad dressing, caesar, low calorie	0,30
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	0,30
43355	Mayonnaise, low sodium, low calorie or diet	0,30
43550	Babyfood, banana apple dessert, strained	0,30
44110	Jellies, reduced sugar, home preserved	0,30
09015	Apples, frozen, unsweetened, heated	0,29
11563	Tree fern, cooked, without salt	0,29
11928	Tree fern, cooked, with salt	0,29
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	0,29
01003	Butter oil, anhydrous	0,28
06480	Soup, chicken broth or bouillon, dry, prepared with water	0,28
09006	Apples, raw, without skin, cooked, microwave	0,28
09010	Apples, dehydrated (low moisture), sulfured, stewed	0,28
09014	Apples, frozen, unsweetened, unheated	0,28
09501	Apples, raw, golden delicious, with skin	0,28
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	0,28
14639	Beverages, rice milk, unsweetened	0,28
09004	Apples, raw, without skin	0,27
09251	Peach nectar, canned, without added ascorbic acid	0,27
09407	Peach nectar, canned, with added ascorbic acid	0,27
09500	Apples, raw, red delicious, with skin	0,27
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	0,27
27050	Sauce, sweet and sour, ready-to-serve	0,27
20027	Cornstarch	0,26
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	0,26
04679	Oil, PAM cooking spray, original	0,26
09003	Apples, raw, with skin	0,26
09005	Apples, raw, without skin, cooked, boiled	0,26
04638	Salad dressing, ranch dressing, fat-free	0,25
09161	Lime juice, canned or bottled, unsweetened	0,25

NDB_No	Description	Protein(g) Value Per
09503	Apples, raw, gala, with skin	0,25
14007	Alcoholic beverage, beer, light, BUD LIGHT	0,25
14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	0,25
14248	Alcoholic beverage, beer, light, higher alcohol	0,25
14625	Beverages, Energy drink, AMP	0,25
14626	Beverages, Energy drink, FULL THROTTLE	0,25
14630	Beverages, Energy drink, ROCKSTAR, sugar free	0,25
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	0,25
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	0,25
06700	Soup, vegetable broth, ready to serve	0,24
09374	Pears, canned, heavy syrup, drained	0,24
14006	Alcoholic beverage, beer, light	0,24
06615	Soup, SWANSON, vegetable broth	0,23
04611	Margarine, regular, 80% fat, composite, tub, with salt	0,22
04618	Margarine, regular, 80% fat, composite, tub, without salt	0,22
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	0,22
09012	Apples, dried, sulfured, stewed, without added sugar	0,22
09328	Maraschino cherries, canned, drained	0,22
14090	Beverages, Coconut water, ready-to-drink, unsweetened	0,22
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	0,22
14257	Beverages, OCEAN SPRAY, Light Cranberry	0,22
14278	Beverages, tea, green, brewed, regular	0,22
14292	Lemonade, frozen concentrate, white	0,22
14542	Lemonade, frozen concentrate, pink	0,22
14601	Beverages, WENDY'S, tea, ready-to-drink, unsweetened	0,22
06475	Soup, beef broth or bouillon, powder, prepared with water	0,21
06476	Soup, beef broth, cubed, prepared with water	0,21
14064	Beverages, Orange juice, light, No pulp	0,21
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	0,21
14217	Beverages, OCEAN SPRAY, Cran Grape	0,21
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	0,21
14305	Malt beverage, includes non-alcoholic beer	0,21
03115	Babyfood, apples, dices, toddler	0,20
03116	Babyfood, fruit, applesauce, strained	0,20
03142	Babyfood, fruit, applesauce and apricots, strained	0,20
03143	Babyfood, fruit, applesauce and apricots, junior	0,20

NDB_No	Description	Protein(g) Value Per
03152	Babyfood, fruit, apple and raspberry, strained	0,20
03153	Babyfood, fruit, apple and raspberry, junior	0,20
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	0,20
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	0,20
03160	Babyfood, fruit, guava and papaya with tapioca, strained	0,20
03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	0,20
03164	Babyfood, fruit, apple and blueberry, strained	0,20
03165	Babyfood, fruit, apple and blueberry, junior	0,20
03167	Babyfood, apple-banana juice	0,20
03168	Babyfood, juice, apple and peach	0,20
03171	Babyfood, juice, apple and prune	0,20
03220	Babyfood, dessert, dutch apple, strained	0,20
03221	Babyfood, dessert, dutch apple, junior	0,20
03224	Babyfood, dessert, cherry vanilla pudding, strained	0,20
03225	Babyfood, dessert, cherry vanilla pudding, junior	0,20
03229	Babyfood, dessert, peach melba, strained	0,20
03238	Babyfood, dessert, tropical fruit, junior	0,20
03267	Babyfood, juice, fruit punch, with calcium	0,20
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	0,20
04014	Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing	0,20
04367	Salad dressing, french dressing, fat-free	0,20
04630	Margarine Spread, approximately 48% fat, tub	0,20
09013	Apples, dried, sulfured, stewed, with added sugar	0,20
09257	Pears, canned, heavy syrup pack, solids and liquids	0,20
09504	Apples, raw, fuji, with skin	0,20
14005	Alcoholic beverage, beer, light, BUDWEISER SELECT	0,20
14057	Alcoholic beverage, wine, dessert, sweet	0,20
14240	Beverages, cranberry-apricot juice drink, bottled	0,20
14241	Beverages, cranberry-grape juice drink, bottled	0,20
14268	Beverages, Fruit punch drink, frozen concentrate	0,20
14334	Beverages, pineapple and grapefruit juice drink, canned	0,20
14536	Alcoholic beverage, wine, dessert, dry	0,20
19137	Toppings, strawberry	0,20
42193	Salad Dressing, mayonnaise-like, fat-free	0,20
42270	Beverages, Orange juice drink	0,20
43535	Babyfood, juice, apple - cherry	0,20

NDB_No	Description	Protein(g) Value Per
09253	Pears, canned, water pack, solids and liquids	0,19
09256	Pears, canned, light syrup pack, solids and liquids	0,19
09258	Pears, canned, extra heavy syrup pack, solids and liquids	0,19
14256	Beverages, OCEAN SPRAY, Cran Cherry	0,19
19363	Candies, MARS SNACKFOOD US, SKITTLES Wild Berry Bite Size Candies	0,19
19368	Candies, MARS SNACKFOOD US, SKITTLES Tropical Bite Size Candies	0,19
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	0,19
20068	Tapioca, pearl, dry	0,19
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	0,19
19369	Candies, MARS SNACKFOOD US, SKITTLES Sours Original	0,18
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	0,18
09007	Apples, canned, sweetened, sliced, drained, unheated	0,18
09008	Apples, canned, sweetened, sliced, drained, heated	0,18
09402	Applesauce, canned, sweetened, with salt	0,18
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	0,17
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	0,17
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	0,17
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	0,17
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	0,17
09079	Cranberries, dried, sweetened	0,17
09229	Papaya nectar, canned	0,17
09401	Applesauce, canned, unsweetened, with added ascorbic acid	0,17
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	0,17
14013	Alcoholic beverage, beer, light, low carb	0,17
04610	Margarine, regular, 80% fat, composite, stick, with salt	0,16
04617	Margarine, regular, 80% fat, composite, stick, without salt	0,16
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	0,16
04688	Salad dressing, spray-style dressing, assorted flavors	0,16
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	0,16
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	0,16
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	0,16
09443	Juice, apple and grape blend, with added ascorbic acid	0,16
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	0,16
09442	Pomegranate juice, bottled	0,15
19300	Jellies	0,15
04673	Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	0,14

NDB_No	Description	Protein(g) Value Per
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	0,14
09228	Papaya, canned, heavy syrup, drained	0,14
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	0,14
04677	Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)	0,13
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	0,13
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	0,13
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	0,13
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	0,12
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	0,12
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	0,12
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	0,12
14209	Beverages, coffee, brewed, prepared with tap water	0,12
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	0,12
14219	Beverages, coffee, instant, decaffeinated, prepared with water	0,12
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	0,12
14370	Beverages, tea, instant, lemon, sweetened, powder	0,12
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	0,12
19334	Sugars, brown	0,12
35198	Prickly pears, raw (Northern Plains Indians)	0,12
42231	Oil, flaxseed, cold pressed	0,11
09262	Pear nectar, canned, without added ascorbic acid	0,11
09408	Pear nectar, canned, with added ascorbic acid	0,11
09434	Guanabana nectar, canned	0,11
09436	Mango nectar, canned	0,11
11108	Butterbur, canned	0,11
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	0,11
18370	Leavening agents, baking powder, double-acting, straight phosphate	0,10
18371	Leavening agents, baking powder, low-sodium	0,10
19014	Snacks, fruit leather, rolls	0,10
19198	Puddings, tapioca, dry mix	0,10
19228	Frostings, cream cheese-flavor, ready-to-eat	0,10
19269	Snacks, GENERAL MILLS, BETTY CROCKER Fruit Roll Ups, berry flavored, with vitamin C	0,10
19274	Snacks, fruit leather, pieces, with vitamin C	0,10
19312	Pie fillings, apple, canned	0,10
19332	Puddings, lemon, dry mix, regular	0,10
19340	Sugars, maple	0,10

NDB_No	Description	Protein(g) Value Per
19366	Toppings, pineapple	0,10
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	0,10
19709	Puddings, tapioca, dry mix, with no added salt	0,10
43019	Salad dressing, sweet and sour	0,10
43114	Vermicelli, made from soy	0,10
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	0,10
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	0,10
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	0,10
03150	Babyfood, fruit, applesauce and pineapple, strained	0,10
03151	Babyfood, fruit, applesauce and pineapple, junior	0,10
03170	Babyfood, juice, apple and plum	0,10
03179	Babyfood, juice, mixed fruit	0,10
03265	Babyfood, juice, apple and grape	0,10
03268	Babyfood, juice, apple and cherry	0,10
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	0,10
04133	Salad dressing, french, home recipe	0,10
04146	Salad dressing, french, cottonseed, oil, home recipe	0,10
04631	Margarine-like, vegetable oil spread, fat-free, tub	0,10
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	0,10
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	0,10
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	0,10
14028	Beverages, Whiskey sour mix, bottled	0,10
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	0,10
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	0,10
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	0,10
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	0,10
14215	Beverages, coffee, instant, regular, prepared with water	0,10
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	0,10
14350	Strawberry-flavor beverage mix, powder	0,10
14414	Alcoholic beverage, liqueur, coffee, 53 proof	0,10
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	0,10
14530	Whiskey sour mix, bottled, with added potassium and sodium	0,10
14534	Alcoholic beverage, liqueur, coffee, 63 proof	0,10
09435	Guava nectar, canned, with added ascorbic acid	0,09
09437	Tamarind nectar, canned	0,09
14144	Beverages, carbonated, lemon-lime soda, no caffeine	0,09

NDB_No	Description	Protein(g) Value Per
14223	Beverages, coffee, instant, chicory	0,09
19912	Sweetener, syrup, agave	0,09
19919	Candies, fruit snacks, with high vitamin C	0,08
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	0,08
04683	Margarine, margarine-like vegetable oil spread, 67-70% fat, tub	0,07
10864	Pork, bacon, rendered fat, cooked	0,07
14084	Alcoholic beverage, wine, table, all	0,07
14096	Alcoholic beverage, wine, table, red	0,07
14097	Alcoholic Beverage, wine, table, red, Cabernet Sauvignon	0,07
14098	Alcoholic Beverage, wine, table, red, Cabernet Franc	0,07
14099	Alcoholic Beverage, wine, table, red, Pinot Noir	0,07
14100	Alcoholic Beverage, wine, table, red, Syrah	0,07
14101	Alcoholic Beverage, wine, table, red, Barbera	0,07
14102	Alcoholic Beverage, wine, table, red, Zinfandel	0,07
14103	Alcoholic Beverage, wine, table, red, Petite Sirah	0,07
14105	Alcoholic Beverage, wine, table, red, Claret	0,07
14106	Alcoholic beverage, wine, table, white	0,07
14107	Alcoholic Beverage, wine, table, red, Lemberger	0,07
14108	Alcoholic Beverage, wine, table, red, Sangiovese	0,07
14109	Alcoholic Beverage, wine, table, red, Carignane	0,07
14113	Alcoholic beverage, wine, table, white, Pinot Gris (Grigio)	0,07
14116	Alcoholic beverage, wine, table, white, Chenin Blanc	0,07
14117	Alcoholic beverage, wine, table, white, Fume Blanc	0,07
14120	Alcoholic beverage, wine, table, white, Muller Thurgau	0,07
14124	Alcoholic beverage, wine, table, white, Gewurztraminer	0,07
14125	Alcoholic beverage, wine, table, white, late harvest, Gewurztraminer	0,07
14126	Alcoholic beverage, wine, table, white, Semillon	0,07
14132	Alcoholic beverage, wine, table, white, Riesling	0,07
14134	Alcoholic beverage, wine, table, white, Sauvignon Blanc	0,07
14135	Alcoholic beverage, wine, table, white, late harvest	0,07
14138	Alcoholic beverage, wine, table, white, Pinot Blanc	0,07
14140	Alcoholic beverage, wine, table, white, Muscat	0,07
14152	Alcoholic Beverage, wine, table, red, Burgundy	0,07
14158	Alcoholic Beverage, wine, table, red, Gamay	0,07
14159	Alcoholic Beverage, wine, table, red, Mouvedre	0,07
14160	Alcoholic beverage, wine, table, white, Chardonnay	0,07

NDB_No	Description	Protein(g) Value Per
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	0,07
14234	Beverages, OCEAN SPRAY, Cran Lemonade	0,07
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	0,07
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	0,07
14293	Lemonade, frozen concentrate, white, prepared with water	0,07
14400	Beverages, carbonated, cola, fast-food cola	0,07
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	0,07
14602	Alcoholic Beverage, wine, table, red, Merlot	0,07
43155	Alcoholic beverage, wine, light	0,07
02050	Vanilla extract	0,06
03269	Babyfood, juice, apple, with calcium	0,06
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	0,06
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	0,06
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	0,06
14367	Beverages, tea, instant, unsweetened, prepared with water	0,06
02051	Vanilla extract, imitation, alcohol	0,05
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	0,05
14430	Cranberry juice cocktail, frozen concentrate	0,05
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	0,05
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	0,05
02068	Vinegar, red wine	0,04
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	0,04
19353	Syrups, maple	0,04
19070	Candies, butterscotch	0,03
19281	Frozen novelties, ice type, italian, restaurant-prepared	0,03
19382	Candies, taffy, prepared-from-recipe	0,03
02052	Vanilla extract, imitation, no alcohol	0,03
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	0,03
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	0,02
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	0,02
14376	Beverages, tea, instant, lemon, diet	0,02
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	0,01
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	0,01
28377	PEPPERIDGE FARM, 100% Whole Wheat Hamburger Buns	0,01
28378	PEPPERIDGE FARM, Cinnamon Swirl Bread	0,01
28379	PEPPERIDGE FARM, Raisin Cinnamon Swirl Bread	0,01

NDB_No	Description	Protein(g) Value Per
28380	PEPPERIDGE FARM, Whole Grain 15 Grain Bread	0,01
28381	PEPPERIDGE FARM, Farmhouse Hearty White Bread	0,01
28382	PEPPERIDGE FARM, Farmhouse Oatmeal Bread	0,01
28384	PEPPERIDGE FARM, Farmhouse Sourdough Bread	0,01
28385	PEPPERIDGE FARM, Jewish Rye Bread (Seedless)	0,01
28386	PEPPERIDGE FARM, Pumpernickel Bread	0,01
28387	PEPPERIDGE FARM, Hamburger Buns w/Sesame	0,01
28388	PEPPERIDGE FARM, Deli Swirl Bread	0,01
28389	PEPPERIDGE FARM, White Bread	0,01
28390	PEPPERIDGE FARM, Light Style Wheat Bread	0,01
28391	PEPPERIDGE FARM, Seeded Jewish Rye Bread	0,01
28392	PEPPERIDGE FARM, Farmhouse 100% Whole Wheat Bread	0,01
28393	PEPPERIDGE FARM, White Hoagie Roll	0,01
28394	PEPPERIDGE FARM, Hamburger Bun	0,01
28395	PEPPERIDGE FARM, Whole Grain Honey Whole Wheat Bread	0,01
28396	PEPPERIDGE FARM, Whole Grain Oatmeal Bread	0,01
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	0,00
18372	Leavening agents, baking soda	0,00
18373	Leavening agents, cream of tartar	0,00
19018	Fruit syrup	0,00
19030	Syrup, fruit flavored	0,00
19099	Candies, fondant, prepared-from-recipe	0,00
19106	Candies, gumdrops, starch jelly pieces	0,00
19107	Candies, hard	0,00
19108	Candies, jellybeans	0,00
19113	Syrups, table blends, pancake, with butter	0,00
19128	Syrups, table blends, pancake, reduced-calorie	0,00
19129	Syrups, table blends, pancake	0,00
19163	Chewing gum	0,00
19187	Flan, caramel custard, dry mix	0,00
19202	Puddings, vanilla, dry mix, instant	0,00
19222	Desserts, rennin, vanilla, dry mix	0,00
19230	Frostings, vanilla, creamy, ready-to-eat	0,00
19283	Frozen novelties, ice type, pop	0,00
19304	Molasses	0,00
19318	Puddings, banana, dry mix, instant	0,00

NDB_No	Description	Protein(g) Value Per
19320	Puddings, banana, dry mix, regular	0,00
19330	Puddings, lemon, dry mix, instant	0,00
19335	Sugars, granulated	0,00
19336	Sugars, powdered	0,00
19349	Syrups, corn, dark	0,00
19350	Syrups, corn, light	0,00
19351	Syrups, corn, high-fructose	0,00
19355	Syrups, sorghum	0,00
19360	Syrups, table blends, pancake, with 2% maple	0,00
19361	Syrups, table blends, cane and 15% maple	0,00
19362	Syrups, table blends, corn, refiner, and sugar	0,00
19387	Frozen novelties, ice type, pineapple-coconut	0,00
19705	Puddings, banana, dry mix, instant, with added oil	0,00
19706	Puddings, banana, dry mix, regular, with added oil	0,00
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	0,00
19856	Frozen novelties, juice type, POPSICLE SCRIBBLERS	0,00
19868	Sweeteners, tabletop, sucralose, SLENDA packets	0,00
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	0,00
19906	Sweeteners, for baking, brown, contains sugar and sucralose	0,00
19907	Sweeteners, for baking, contains sugar and sucralose	0,00
19908	Sugar, turbinado	0,00
19911	Syrup, maple, Canadian	0,00
19918	Sweetener, herbal extract powder from Stevia leaf	0,00
19924	Syrup, NESTLE, chocolate	0,00
25043	Snacks, candy bits, yogurt covered with vitamin C	0,00
27027	PACE, Pico De Gallo	0,00
27028	PACE, Salsa Verde	0,00
27029	PACE, Tequila Lime Salsa	0,00
28334	Cookies, gluten-free, lemon wafer	0,00
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	0,00
31014	PACE, Jalapenos Nacho Sliced Peppers	0,00
31015	PACE, Diced Green Chilies	0,00
42040	Syrups, grenadine	0,00
42151	Vegetable oil-butter spread, reduced calorie	0,00
42230	Salad Dressing, coleslaw dressing, reduced fat	0,00
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	0,00

NDB_No	Description	Protein(g) Value Per
42289	Oil, corn and canola	0,00
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	0,00
43058	Candies, hard, dietetic or low calorie (sorbitol)	0,00
43060	Chewing gum, sugarless	0,00
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	0,00
43216	Sweeteners, tabletop, fructose, dry, powder	0,00
43408	Babyfood, juice, pear	0,00
43514	Frozen novelties, ice type, pop, with low calorie sweetener	0,00
43598	Mayonnaise dressing, no cholesterol	0,00
44005	Oil, corn, peanut, and olive	0,00
44018	Sweeteners, tabletop, fructose, liquid	0,00
90480	Syrup, Cane	0,00
02047	Salt, table	0,00
02048	Vinegar, cider	0,00
02053	Vinegar, distilled	0,00
02073	PACE, Dry Taco Seasoning Mix	0,00
02074	Seasoning mix, dry,azon, coriander & annatto	0,00
03001	Babyfood, juice treats, fruit medley, toddler	0,00
03024	Babyfood, water, bottled, GERBER, without added fluoride.	0,00
03117	Babyfood, fruit, applesauce, junior	0,00
03144	Babyfood, fruit, applesauce and cherries, strained	0,00
03145	Babyfood, fruit, applesauce and cherries, junior	0,00
03166	Babyfood, juice, apple	0,00
03169	Babyfood, apple-cranberry juice	0,00
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	0,00
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	0,00
04001	Fat, beef tallow	0,00
04002	Lard	0,00
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	0,00
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	0,00
04037	Oil, rice bran	0,00
04038	Oil, wheat germ	0,00
04042	Oil, peanut, salad or cooking	0,00
04044	Oil, soybean, salad or cooking	0,00
04047	Oil, coconut	0,00
04053	Oil, olive, salad or cooking	0,00

NDB_No	Description	Protein(g) Value Per
04055	Oil, palm	0,00
04058	Oil, sesame, salad or cooking	0,00
04060	Oil, sunflower, linoleic (less than 60%)	0,00
04135	Salad dressing, home recipe, vinegar and oil	0,00
04501	Oil, cocoa butter	0,00
04502	Oil, cottonseed, salad or cooking	0,00
04506	Oil, sunflower, linoleic, (approx. 65%)	0,00
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	0,00
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	0,00
04513	Vegetable oil, palm kernel	0,00
04514	Oil, poppyseed	0,00
04515	Oil, tomatoseed	0,00
04516	Oil, teaseed	0,00
04517	Oil, grapeseed	0,00
04518	Oil, corn, industrial and retail, all purpose salad or cooking	0,00
04520	Fat, mutton tallow	0,00
04528	Oil, walnut	0,00
04529	Oil, almond	0,00
04530	Oil, apricot kernel	0,00
04531	Oil, soybean lecithin	0,00
04532	Oil, hazelnut	0,00
04534	Oil, babassu	0,00
04536	Oil, sheanut	0,00
04541	Oil, cupu assu	0,00
04542	Fat, chicken	0,00
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	0,00
04544	Shortening, household, lard and vegetable oil	0,00
04545	Oil, sunflower, linoleic, (partially hydrogenated)	0,00
04546	Shortening bread, soybean (hydrogenated) and cottonseed	0,00
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	0,00
04549	Shortening industrial, lard and vegetable oil	0,00
04550	Shortening frying (heavy duty), beef tallow and cottonseed	0,00
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	0,00
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	0,00
04556	Shortening frying (heavy duty), palm (hydrogenated)	0,00
04559	Shortening household soybean (hydrogenated) and palm	0,00

NDB_No	Description	Protein(g) Value Per
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	0,00
04570	Shortening, confectionery, fractionated palm	0,00
04572	Oil, nutmeg butter	0,00
04573	Oil, ucuhuba butter	0,00
04574	Fat, duck	0,00
04575	Fat, turkey	0,00
04576	Fat, goose	0,00
04581	Oil, avocado	0,00
04582	Oil, canola	0,00
04583	Oil, mustard	0,00
04584	Oil, sunflower, high oleic (70% and over)	0,00
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	0,00
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	0,00
04588	Oil, oat	0,00
04589	Fish oil, cod liver	0,00
04590	Fish oil, herring	0,00
04591	Fish oil, menhaden	0,00
04592	Fish oil, menhaden, fully hydrogenated	0,00
04593	Fish oil, salmon	0,00
04594	Fish oil, sardine	0,00
04595	Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)	0,00
04606	Meat drippings (lard, beef tallow, mutton tallow)	0,00
04609	Animal fat, bacon grease	0,00
04615	Shortening, vegetable, household, composite	0,00
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	0,00
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	0,00
04642	Oil, industrial, mid-oleic, sunflower	0,00
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	0,00
04644	Oil, industrial, canola for salads, woks and light frying	0,00
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	0,00
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	0,00
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	0,00
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	0,00
04650	Oil, industrial, soy, refined, for woks and light frying	0,00
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	0,00
04652	Oil, industrial, soy (partially hydrogenated), all purpose	0,00

NDB_No	Description	Protein(g) Value Per
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	0,00
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	0,00
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	0,00
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	0,00
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	0,00
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	0,00
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	0,00
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	0,00
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	0,00
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	0,00
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	0,00
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	0,00
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	0,00
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	0,00
04669	USDA Commodity Food, oil, vegetable, soybean, refined	0,00
04670	USDA Commodity Food, oil, vegetable, low saturated fat	0,00
04675	Margarine-like spread, SMART BEAT Super Light without saturated fat	0,00
04676	Margarine-like spread, SMART BEAT Smart Squeeze	0,00
04678	Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)	0,00
04685	Oil, cooking and salad, ENOVA, 80% diglycerides	0,00
04687	Margarine-like spread, BENECOL Light Spread	0,00
04698	Oil, industrial, canola, high oleic	0,00
04699	Oil, industrial, soy, low linolenic	0,00
04700	Oil, industrial, soy, ultra low linolenic	0,00
04701	Oil, industrial, soy, fully hydrogenated	0,00
04702	Oil, industrial, cottonseed, fully hydrogenated	0,00
06322	Gravy, CAMPBELL'S, mushroom	0,00
06325	Gravy, CAMPBELL'S, chicken, microwavable	0,00
06597	PACE, Chipotle Chunky Salsa	0,00
06598	PACE, Cilantro Chunky Salsa	0,00
06600	PACE, Green Taco Sauce	0,00
06601	PACE, Lime & Garlic Chunky Salsa	0,00
06602	PACE, Organic Picante Sauce	0,00
06603	PACE, Picante Sauce	0,00
06604	PACE, Red Taco Sauce	0,00
06605	PACE, Thick & Chunky Salsa	0,00

NDB_No	Description	Protein(g) Value Per
06609	SWANSON BROTH, Certified Organic Vegetable Broth	0,00
06971	Sauce, worcestershire	0,00
06998	Gravy, CAMPBELL'S, brown with onions	0,00
09053	Blueberries, wild, frozen	0,00
14009	Alcoholic beverage, daiquiri, canned	0,00
14021	Beverages, Energy drink, Citrus	0,00
14022	Beverages, MONSTER energy drink, low carb	0,00
14026	Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12	0,00
14027	Alcoholic beverage, whiskey sour, canned	0,00
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	0,00
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	0,00
14034	Alcoholic beverage, creme de menthe, 72 proof	0,00
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	0,00
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	0,00
14049	Alcoholic beverage, distilled, gin, 90 proof	0,00
14050	Alcoholic beverage, distilled, rum, 80 proof	0,00
14051	Alcoholic beverage, distilled, vodka, 80 proof	0,00
14052	Alcoholic beverage, distilled, whiskey, 86 proof	0,00
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	0,00
14073	Beverages, ZEVIA, cola	0,00
14074	Beverages, ZEVIA, cola, caffeine free	0,00
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG, Gerolsteiner naturally sparkling mineral water,	0,00
14076	Beverages, ICELANDIC, Glacial Natural spring water	0,00
14079	Beverages, yellow green colored citrus soft drink with caffeine	0,00
14080	Beverages, rich chocolate, powder	0,00
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	0,00
14095	Beverages, MINUTE MAID, Lemonada, Limeade	0,00
14121	Beverages, carbonated, club soda	0,00
14130	Carbonated beverage, cream soda	0,00
14136	Beverages, carbonated, ginger ale	0,00
14137	Beverages, NESTEA, tea, black, ready-to-drink, lemon	0,00
14142	Beverages, carbonated, grape soda	0,00
14147	Beverages, carbonated, cola, without caffeine	0,00
14148	Beverages, carbonated, cola, regular	0,00
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	0,00
14150	Beverages, carbonated, orange	0,00

NDB_No	Description	Protein(g) Value Per
14153	Beverages, carbonated, pepper-type, contains caffeine	0,00
14155	Beverages, carbonated, tonic water	0,00
14157	Beverages, carbonated, root beer	0,00
14161	Beverages, Kiwi Strawberry Juice Drink	0,00
14162	Beverages, Apple juice drink, light, fortified with vitamin C	0,00
14165	Beverages, carbonated, limeade, high caffeine	0,00
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	0,00
14167	Beverages, POWERADE, Zero, Mixed Berry	0,00
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	0,00
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	0,00
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	0,00
14190	Beverages, tea, green, ready-to-drink, diet	0,00
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	0,00
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	0,00
14206	Beverages, tea, green, ready-to-drink, sweetened	0,00
14207	Beverages, tea, ready-to-drink, lemon, diet	0,00
14211	Beverages, tea, black, ready-to-drink, lemon, diet	0,00
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	0,00
14238	Beverages, cranberry-apple juice drink, bottled	0,00
14239	Alcoholic beverage, malt beer, hard lemonade	0,00
14242	Cranberry juice cocktail, bottled	0,00
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	0,00
14247	Beverages, tea, black, ready to drink	0,00
14250	Beverages, AMBER, hard cider	0,00
14260	Beverages, tea, green, brewed, decaffeinated	0,00
14261	Beverages, tea, green, ready to drink, unsweetened	0,00
14264	Beverages, fruit punch drink, without added nutrients, canned	0,00
14267	Beverages, Fruit punch drink, with added nutrients, canned	0,00
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	0,00
14276	Beverages, Tropical Punch, ready-to-drink	0,00
14277	Beverages, grape drink, canned	0,00
14279	Beverages, tea, black, ready-to-drink, peach, diet	0,00
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	0,00
14281	Beverages, tea, black, ready to drink, decaffeinated	0,00
14282	Beverages, grape juice drink, canned	0,00
14284	Beverages, Cranberry juice cocktail	0,00

NDB_No	Description	Protein(g) Value Per
14287	Beverages, Lemonade, powder	0,00
14288	Lemonade, powder, prepared with water	0,00
14296	Beverages, lemonade-flavor drink, powder	0,00
14297	Beverages, lemonade-flavor drink, powder, prepared with water	0,00
14303	Limeade, frozen concentrate, prepared with water	0,00
14309	Beverages, OVALTINE, Classic Malt powder	0,00
14315	Beverages, OVALTINE, chocolate malt powder	0,00
14323	Beverages, orange drink, canned, with added vitamin C	0,00
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	0,00
14355	Beverages, tea, black, brewed, prepared with tap water	0,00
14381	Beverages, tea, herb, other than chamomile, brewed	0,00
14384	Beverages, water, bottled, PERRIER	0,00
14385	Beverages, water, bottled, POLAND SPRING	0,00
14407	Beverages, orange-flavor drink, breakfast type, powder	0,00
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	0,00
14411	Beverages, water, tap, drinking	0,00
14412	Beverages, water, tap, well	0,00
14429	Beverages, water, tap, municipal	0,00
14432	Beverages, water, bottled, non-carbonated, DANNON	0,00
14433	Beverages, water, bottled, non-carbonated, PEPSI, AQUAFINA	0,00
14434	Beverages, The COCA-COLA company, DASANI, water, bottled, non-carbonated	0,00
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	0,00
14437	Beverages, water, bottled, non-carbonated, CALISTOGA	0,00
14438	Beverages, water, bottled, non-carbonated, CRYSTAL GEYSER	0,00
14439	Water, bottled, non-carbonated, NAYA	0,00
14440	Beverages, water, bottled, non-carbonated, DANNON Fluoride To Go	0,00
14450	Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder	0,00
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	0,00
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	0,00
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	0,00
14475	Beverages, ARIZONA, tea, ready-to-drink, lemon	0,00
14476	Beverages, LIPTON BRISK, tea, black, ready-to-drink, lemon	0,00
14531	Alcoholic beverage, whiskey sour	0,00
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	0,00
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	0,00
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	0,00

NDB_No	Description	Protein(g) Value Per
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	0,00
14544	Beverages, tea, black, brewed, prepared with distilled water	0,00
14545	Beverages, tea, herb, brewed, chamomile	0,00
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	0,00
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	0,00
14552	Carbonated beverage, chocolate-flavored soda	0,00
14555	Water, bottled, generic	0,00
14559	Beverages, water, bottled, non-carbonated, EVIAN	0,00
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	0,00
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	0,00
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	0,00
14607	Beverages, V8 SPLASH Juice Drinks, Diet Berry Blend	0,00
14608	Beverages, V8 SPLASH Juice Drinks, Diet Fruit Medley	0,00
14609	Beverages, V8 SPLASH Juice Drinks, Diet Strawberry Kiwi	0,00
14610	Beverages, V8 SPLASH Juice Drinks, Diet Tropical Blend	0,00
14611	Beverages, V8 SPLASH Juice Drinks, Berry Blend	0,00
14612	Beverages, V8 SPLASH Juice Drinks, Fruit Medley	0,00
14613	Beverages, V8 SPLASH Juice Drinks, Guava Passion Fruit	0,00
14614	Beverages, V8 SPLASH Juice Drinks, Mango Peach	0,00
14615	Beverages, V8 SPLASH Juice Drinks, Orange Pineapple	0,00
14616	Beverages, V8 SPLASH Juice Drinks, Orchard Blend	0,00
14617	Beverages, V8 SPLASH Juice Drinks, Strawberry Banana	0,00
14618	Beverages, V8 SPLASH Juice Drinks, Strawberry Kiwi	0,00
14619	Beverages, V8 SPLASH Juice Drinks, Tropical Blend	0,00
14623	Beverages, V8 V- FUSION Juices, Acai Berry	0,00
14628	Beverages, Energy drink, AMP, sugar free	0,00
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	0,00
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	0,00
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	0,00
14640	Beverages, Energy drink, VAULT, citrus flavor	0,00
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	0,00
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	0,00
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	0,00
14649	Beverages, tea, hibiscus, brewed	0,00
16260	SILK Original Creamer	0,00
16261	SILK French Vanilla Creamer	0,00

NDB_No	Description	Protein(g) Value Per
16262	SILK Hazelnut Creamer	0,00